

### Sleep Hygiene Checklist

Follow these sleep hygiene tips to improve your sleep quality.

- Keep a consistent sleep schedule.
- Go to bed and wake up at the same time daily.
- Create a restful environment.
- Keep your room dark, quiet, and cool.
- Avoid screens before bed.
- Turn off phones, laptops, and TVs at least 30 minutes before sleep.
- Limit caffeine and alcohol. Avoid these 4- 6 hours before bedtime.
- Develop a calming bedtime routine.
- Read a book, take a warm bath, or meditate.
- Avoid large meals before sleep.
- Eat dinner at least 2 hours before bed.
- Use your bed only for sleep.
- Avoid working or watching TV in bed.
- Exercise regularly. Just not too close to bedtime.

*Tick each habit you follow and aim to build a consistent, relaxing routine.*