



Sleep-Hygiene Checklist

Sleep health is important to overall health. Behaviors such as taking long naps during the day, drinking excessive caffeine to combat fatigue, or engaging in stressful behaviors close to bedtime can lead to sleep disturbance. Please answer the questions below. Once problem behaviors are identified, a plan can be developed to make changes and set concrete and achievable goals. Note that this lists sleep promoting behaviors and does not diagnose a sleeping disorder.

BEHAVIOR	TRUE	FALSE
I rise and go to bed at the same time every day, even on weekends.	<input type="checkbox"/>	<input type="checkbox"/>
I do not take naps during the day that last more than 20 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
I avoid caffeine, nicotine, and alcohol for at least 6 hours before bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
I avoid high intensity interval training in the evening (mild and moderate exercise in the evening should not affect sleep and may actually help with better sleep).	<input type="checkbox"/>	<input type="checkbox"/>
I avoid liquids 2 hours before going to bed so I can reduce my need to use the bathroom at night.	<input type="checkbox"/>	<input type="checkbox"/>
I practice bedtime rituals such as planning for tomorrow, dimming lights, reducing technology use, and practicing an activity like mindfulness.	<input type="checkbox"/>	<input type="checkbox"/>
My bedroom is kept dark and at a cool temperature (60–68°F (15.6–20°C)).	<input type="checkbox"/>	<input type="checkbox"/>
My bedroom is for sleep — I do not watch TV or work on projects while in bed.	<input type="checkbox"/>	<input type="checkbox"/>
I go to bed only when I feel sleepy.	<input type="checkbox"/>	<input type="checkbox"/>
If I cannot fall asleep within 30 minutes, I get out of bed and do something relaxing.	<input type="checkbox"/>	<input type="checkbox"/>

Disclaimer: Information provided is for general informational purposes only and is not a substitute for professional medical advice, nor does it establish a doctor-patient relationship. Always seek the advice of your qualified health provider. We assume no responsibility for errors or omissions in the content.