

Sleep Hygiene Checklist and Actions

The practices and habits we perform before sleep directly impact our quality of sleep.

Take time to consider your bedroom, making it more sleep-friendly. Accept that you have a duty of care to yourself. Self-care is not self-less.

Ask yourself the following questions, and arrive at a set of actions to resolve any factors that may be negatively impacting your sleep:

Question At bedtime....	The changes I need to make:
Is it completely dark?	<p><i>Fit and use blackout blinds or curtains. If not possible, or available, consider using an eye mask.</i></p> <p>I will..</p>
Is the room at the correct temperature?	<p><i>Try and maintain a cool ambient temperature of around 60-65° F (16-18° C).</i></p> <p>I will..</p>
Is my bedroom tidy?	<p><i>A tidy room can aid a restful night's sleep.</i></p> <p>I will..</p>
Do I use my phone or tablet immediately before or during bedtime?	<p><i>LED displays negatively impact sleep.</i></p> <p>I will..</p>

<p>Do I use my bedroom for work, TV, eating?</p>	<p><i>Avoid doing so. Recognize the bedroom as somewhere to sleep.</i></p> <p>I will..</p>
<p>Does my bedroom feel peaceful?</p>	<p><i>Photographs, pictures, and plants can make a room feel more relaxed and tranquil.</i></p> <p>I will..</p>
<p>Does my room look like somewhere to relax and sleep?</p>	<p><i>Avoid bright, shocking colors. Aim for soft, calm, and muted tones.</i></p> <p>I will..</p>
<p>How does my room smell?</p>	<p><i>Pleasant calming smells such as lavender and essential oils can help you drift off.</i></p> <p>I will..</p>
<p>Overall, is your room sleep-friendly?</p>	<p><i>Your room should feel like somewhere you can escape your busy day and your worries.</i></p> <p>I will..</p>

Use the answers to drive actions to change your bedroom into a place that encourages sleep and an escape from the day's busyness.