Sleep habits checklist

The everyday things that help sleep or get in its way.

Name _____ Date _____

Tick what you already do. Circle one or two to work on. Good habits alone rarely cure insomnia, but they give the other strategies a fair chance.

During the day

- [ ] I get up at the same time every day
- [ ] I get outside in daylight in the morning
- [ ] I move my body most days
- [ ] I avoid naps, or keep them under 20 minutes before 3pm
- [ ] I stop caffeine by early afternoon

In the evening

- [ ] I finish eating two to three hours before bed
- [ ] I keep alcohol low and not close to bedtime
- [ ] I avoid nicotine near bedtime
- [ ] I wind down for the last hour
- [ ] I dim the lights and put screens away
- [ ] I deal with tomorrow's worries earlier in the evening

In the bedroom

- [ ] My room is dark, quiet and cool
- [ ] My bed is comfortable
- [ ] I use my bed only for sleep and sex
- [ ] My phone charges outside the room, or out of reach
- [ ] The clock is turned away from me

At night

- [ ] I go to bed only when sleepy
- [ ] If I am awake for a long time, I get up
- [ ] I do not check the time in the night

The one or two changes I will make this week

What might make that hard, and how I will handle it

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