



Bedtime Checklist!

HAVING A ROUTINE CAN HELP SIGNAL OUR BODY THAT IT'S TIME TO SLEEP

MY BEDTIME IS: ___ AM/PM

- Use this tool to calculate your bedtime:
sleepeducation.org/healthy-sleep/bedtime-calculator
- Get up at the same time even during weekends/vacations



EVERY DAY:

- Get some exercise
- Eat healthy foods
- Avoid naps longer than 20 minutes to "compensate" for any lack of sleep at night

10 HOURS BEFORE BED: ___ AM/PM

- Avoid caffeine intake at least 10 hours before
bedtime/after 4 PM
- Use this calculator to calculate your caffeine intake:
<https://lastsip.app/>





SCAN THIS TO GET A DOWNLOADABLE VERSION OF THE BEDTIME CHECKLIST

Bedtime Checklist!

60 MINUTES BEFORE BED: ___ AM/PM

- Adjust temperature to make the house cooler
- Dim the lights
- Consider a light snack if hungry - no heavy meals before bed
- Stop drinking fluids
- Consider making a “to-do list” to help your mind unwind
- Try journaling to help if your mind is busy
- Take a quick 15-minute walk to help relax and unwind

30 MINUTES BEFORE BED: ___ AM/PM:

- Do something to help your body unwind

These activities help me relax (check all that apply):



NOT ASLEEP AFTER 20 MINUTES?

- Get out of bed
- Do a quiet activity without a lot of light exposure
(read or listen to audio that is not too stimulating)
- Do not use electronics

