



# 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](https://sleepeducation.org/healthy-sleep/bedtime-calculator)
- ☐ Get up at the same time even during weekends/vacations



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**EVERY DAY:**

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

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**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

- READING
- MUSIC
- WARM BATH
- DEEP BREATHING
- BODY SCAN
- MUSCLE RELAXATION
- OTHER: