

# SLEEP HYGIENE Checklist

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## DAYTIME HABITS

- Wake up at the same time every day (even weekends)
- Get exposure to natural light in the morning
- Limit caffeine after 12 p.m.
- Move your body (exercise, stretch, or walk)
- Eat balanced meals and avoid heavy food late at night

## EVENING HABITS

- Dim lights 1-2 hours before bed
- Avoid screens (phone, TV, tablet) 1 hour before sleep
- Use “night mode” or blue light filters on devices if needed
- Set aside time to wind down (read, pray, journal, calm music)
- Prepare your bedroom (cool, dark, quiet, comfortable)

## BEDTIME ROUTINE

- Go to bed at the same time each night
- Keep your bedroom tech-free (no phone or TV)
- Use a sound machine, earplugs, or white noise if needed
- Follow a relaxing ritual (breathing, prayer, or light stretching)
- Only use your bed for sleep (not work or scrolling)

## EXTRA SUPPORT

- Replace pillows/mattress if uncomfortable or >7 years old
- Keep a notepad nearby to jot down racing thoughts
- Limit alcohol before bed
- Aim for 7-9 hours of sleep consistently