

Sleep Checklist

Morning	<p>Get early exposure to sunlight within first hours upon awakening</p> <p>If morning sunlight is not available, use light therapy first thing in the morning for 30 minutes (10,000 lux)</p>
Daytime	<p>Stick to exercise routine but try to exercise no later than two to three hours before bedtime</p> <p>Strategic, time-appropriate use of caffeine</p> <ul style="list-style-type: none"> • Allow caffeine-containing beverages or foods before 2 PM; if slow metabolizer, limit use to before noon <p>Plan large meals and beverages during daytime and not late at night</p> <p>Be aware of medicines that delay or disrupt your sleep</p> <ul style="list-style-type: none"> • Example: Decongestant cold medicines, medications with stimulating effects, diuretics <p>If taking any nap is necessary, do so before 3 PM</p> <ul style="list-style-type: none"> • Keep naps shorter than 45 minutes unless you are sick or quite sleep-deprived
Winding down	<p>Establish a relaxing bedtime routine</p> <ul style="list-style-type: none"> • Unwinding or relaxing activities include: reading (a good neutral book), listening to soothing music, meditating, breathing exercises, relaxing yoga <p>Take a hot bath before bed</p> <ul style="list-style-type: none"> • Epsom salts and essential oils may also help reduce tension and lower stress levels <p>Journaling may help with racing mind and recurrent thoughts</p> <ul style="list-style-type: none"> • Keep a notepad and pen beside the bed to record things on your mind <p>Alcoholic drinks before bed do NOT help</p>
Sleep time	<p>Keep your bedroom dark, cool (between 60° and 67° F), and gadget-free</p> <ul style="list-style-type: none"> • Consider eye masks and blackout curtains • Consider using a dimmer for bathroom and bedroom lights in the evening <p>Play white noise</p> <p>If you find yourself struggling to fall asleep or up in the middle of the night, get up and do some relaxing activity in a different room until you feel sleepy</p>
Sleep hygiene	<p>Have a regular sleep schedule</p> <ul style="list-style-type: none"> • Begin prepping for bed 30 minutes before getting in bed • Plan for 8.5 to 9 hours in bed <p>Screens off 1-2 hours before bed</p> <ul style="list-style-type: none"> • Set up nighttime and low brightness settings in smartphones and tablets <p>Consider replacing your pillows with hypoallergenic pillows</p> <p>Use clean sheets and bedding</p> <p>Do breathing exercises</p>
Situational	<p>Skip anxiety-provoking activities or conversations close to bedtime</p> <p>Consider sleep training infants or toddlers</p> <p>Consider moving pets to bed next to yours instead of having them sleeping in the bed with you</p> <p>If your partner snores or is restless throughout the night:</p> <ul style="list-style-type: none"> • Encourage him or her to do a sleep study • Consider sleeping in separate rooms temporarily <p>Get counseling if mood disorders such as anxiety and depression are present</p> <p>Record sleep habits and patterns in a sleep hygiene tracker</p>

Sources:

Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker 2017

IFM Toolkit—Suggestions for Better Sleep

<https://www.sleepfoundation.org/sleep-solutions/sleep-tools-tips> Accessed on August 28, 2020

<https://www.thensf.org/sleep-tips/> Accessed on August 28, 2020