Better Sleep Tonight - Checklist

Bedroom Setup

- Set room temperature between **60–67°F (15–20°C)**
- Use blackout curtains or an eye mask to block light
- Reduce disruptions with white noise, a fan, or earplugs
- Freshen bedding and ensure your pillow provides proper support
- Remove clutter for a calmer, more relaxing space

Evening Routine

- Dim lights 1–2 hours before bed
- Shut down screens or use blue-light filters
- Choose a calming activity: journaling, stretching, reading, meditation, or light yoga
- Take a warm shower or bath (optional) to help your body cool naturally afterward
- Avoid stressful conversations or stimulating work close to bedtime

Food & Drink

- Finish heavy meals at least **2–3 hours before bed**
- Stop caffeine intake **6–8 hours before bedtime**
- Avoid alcohol in the **3–4 hours before bedtime**
- If hungry, have a light snack (banana, almonds, yogurt, or chamomile tea)

Stress & Relaxation

- Practice deep breathing or progressive muscle relaxation
- Write down lingering worries or tomorrow’s to-do list to clear your mind
- Focus on a positive thought, gratitude, or visualization before lying down

Sleep Timing

- Stick to your **consistent bedtime** (even on weekends)
- Keep your wake-up time fixed for tomorrow morning
- Avoid hitting snooze - commit to getting up at your set time

Quick Reset If You Can’t Sleep

- If awake for more than 20 minutes, get up and do a quiet activity (reading, stretching) until drowsy
- Avoid turning on bright lights or checking your phone

