



Sleep-Hygiene *Checklist*

Sleep health is important to overall health. Behaviors such as taking long naps, drinking excessive caffeine, or engaging in stressful activities close to bedtime can lead to sleep disturbance. Answer the questions below to identify problem behaviors and set concrete, achievable goals. Note: this checklist identifies sleep-promoting behaviors and does not diagnose a sleeping disorder.

BEHAVIOR	TRUE	FALSE
I rise and go to bed at the same time every day, even on weekends.	☐	☐
I do not take naps during the day that last more than 20 minutes.	☐	☐
I avoid caffeine, nicotine, and alcohol for at least 6 hours before bedtime.	☐	☐
I avoid high intensity interval training in the evening (mild and moderate exercise in the evening should not affect sleep and may actually help).	☐	☐
I avoid liquids 2 hours before bed so I can reduce my need to use the bathroom at night.	☐	☐
I practice bedtime rituals such as planning for tomorrow, dimming lights, reducing technology use, and practicing mindfulness.	☐	☐
My bedroom is kept dark and at a cool temperature (60-68 degrees F).	☐	☐
My bedroom is for sleep — I do not watch TV or work on projects while in bed.	☐	☐
I go to bed only when I feel sleepy.	☐	☐
If I cannot fall asleep within 30 minutes, I get out of bed and do something relaxing.	☐	☐