



Sleep Hygiene Checklist

- Avoid napping during the day
- Regular exercise – aim for 3 x 30 minutes each week
- No caffeine after 3pm
- Bedroom not warmer than 22° C
- Set aside some “worry time” at least an hour before bed – write down any issues that are bothering you
- Have a regular routine in the hour before bed, e.g. bath and a warm drink
- Avoid use of phone or other screens in bed, and during the hour before bed
- Use relaxation exercises if your mind is busy, e.g. calming breathing or progressive muscle relaxation
- Get out of bed and do something else if you can't sleep after 30 minutes – try again when sleepy