



# Sleep Hygiene Checklist

## Go to bed earlier

Start with an hour earlier and increase from there as needed. Try to wake up naturally, but set an alarm as a safety net.

## Get outside

At least 30 minutes of daylight every day. If that's not possible or you live in an area where daylight isn't all that bright, then get a blue light or SAD (Seasonal Affective Disorder) and use it every day.

## Blue blocking glasses

Cool, right? Yellow lenses block blue light, which tricks you into staying awake.

## Dim the lights at night

Dim, yellow, or warm bulbs are best at night. Save the daylight and white bulbs for daytime. If you can't control it, be sure to wear those blue blocking glasses!

## Buy a blue light

Get a blue (or SAD) light, especially if you live in an area that's often dark, rainy, or overcast.

## No screens before bed

Read a book made of actual paper, or use that old Kindle with the paperwhite screen, but avoid phone, tablet, television, and computer screens close to bed time.

## Dark, cool, and quiet room

You'll sleep better if the room is dark, cool, and quiet. Curtains or a sleep mask can make it dark, and earplugs or a white noise machine can help if the room isn't quiet enough.

## Watch the caffeine

Coffee, tea, soda, and chocolate can all be loaded with caffeine, which can keep you from sleeping. Cut down on your intake if you have trouble getting to sleep, particularly after noon.

## Log your time in bed

If you or your step tracker know how much you slept, even better, but log time in bed at a minimum.

## Nap if you need it

Yes, nap if you need to, but the more and better you sleep at night, the less you'll need to.

## Do you snore? Get a sleep apnea test!

Lack of enough or quality sleep can lead to heart, metabolism, and blood sugar issues, and worse.