



# HEALTHY SLEEP CHECKLIST

*Tips for Improving and Building Healthy Sleep Habits*



*Use this simple checklist to build healthy sleep habits that can improve your energy, mood, and overall health. Check off the items you're already doing and pick one or two new habits to focus on this week!*

## HEALTHY SLEEP HABITS

- ☐ Go to bed and wake up at the same time every day — even on weekends.
- ☐ Limit screen time at least 1 hour before bedtime (no phones, TVs, or tablets).
- ☐ Create a relaxing pre-sleep routine (reading, gentle stretching, meditation).
- ☐ Avoid caffeine after 2 PM.
- ☐ Limit alcohol and heavy meals close to bedtime.
- ☐ Keep your bedroom cool, dark, and quiet for optimal sleep.
- ☐ Get regular physical activity — but avoid intense exercise right before bed.
- ☐ Reserve your bed for sleep and intimacy only — not work or scrolling.
- ☐ Expose yourself to natural light in the morning to support your circadian rhythm.
- ☐ If you can't fall asleep after 20 minutes, get up and do a calming activity until you feel sleepy.

*Still struggling with fatigue? A sleep evaluation can uncover hidden sleep disorders. Schedule your appointment at [CSMA.clinic](https://www.csma.clinic).*

*As with any medical condition, always seek guidance from your medical provider.*



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