

CARE FOR YOUR SLEEP · FREE RESOURCE

The *Ultimate* Sleep Hygiene Checklist

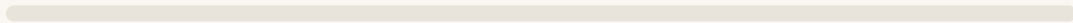
21 science-backed habits organized by time of day. Check them off nightly and transform your sleep within 2 weeks.

★★★★★ Based on sleep science research



How to use this checklist: Print it out or use it digitally. Work through each section every day for 14 days. Research shows it takes 2 weeks of consistent sleep hygiene to reset your circadian rhythm and see measurable improvement.

TONIGHT'S PROGRESS



0 of 20 habits completed



Morning Habits

6:00 – 9:00 AM

- Wake up at the same time every day**
Including weekends. This anchors your entire circadian rhythm more than any other habit.
- Get bright light within 30 minutes of waking**
Go outside or sit by a window. Morning light sets your body clock and determines when melatonin releases tonight.
- No caffeine after 2 PM**
Caffeine has a 5–7 hour half-life. A 3 PM coffee still has significant caffeine in your system at 10 PM.

- Exercise today (any time before 5 PM)**
Regular exercise is one of the most powerful sleep quality improvers. Even a 20-minute walk counts.



Afternoon Habits

2:00 – 6:00 PM

- Finish your last large meal by 7 PM**
Digestion raises core body temperature — the enemy of deep sleep. Light snacks after are fine.
- Limit alcohol to earlier in the day**
Even moderate alcohol 3–4 hours before bed suppresses REM sleep. You fall asleep faster but wake unrested.
- Write tomorrow's to-do list**
A 2017 Baylor University study found this simple habit significantly reduces time to fall asleep.



The Science of Sleep Hygiene

A landmark study in the journal *Sleep Medicine Reviews* found that behavioral sleep interventions — without medication — improved sleep onset by an average of 19 minutes and total sleep time by 32 minutes in adults with insomnia. The habits below are drawn from this and similar peer-reviewed research.



Evening Wind-Down

8:00 – 10:00 PM

- Dim all lights after sunset**
Switch to lamps or warm-toned bulbs (2700K or lower). Bright overhead light suppresses melatonin.
- Enable night mode on all screens**
Blue light from phones and laptops can suppress melatonin by up to 50%. Night mode reduces blue light output.

- Take a warm shower or bath 60–90 min before bed**

The post-shower temperature drop signals your brain it's time to sleep. Timing is everything — not right before bed.
 - Take Magnesium Glycinate (300mg)**

The most evidence-backed sleep supplement. Take 45 min before bed. Magnesium Glycinate is the most bioavailable form.
 - Do your 30-min wind-down routine**

Pick 2–3 calming activities: reading, journaling, light stretching. Consistency is what trains your nervous system.
 - No screens 30 minutes before bed**

The stimulation from social media and news keeps your brain in alert mode. Replace with reading or a podcast.
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Bedroom Setup

EVERY NIGHT

- Set bedroom temperature to 65–67°F (18–19°C)**

Your body needs to drop its core temperature to initiate deep sleep. A warm room physically prevents this.
- Make the room completely dark**

Even small amounts of light can suppress melatonin. Use blackout curtains or a quality sleep mask.
- Turn on white or pink noise**

Masks sudden environmental sounds that cause micro-arousals. Pink noise may specifically enhance deep sleep.
- Phone charging outside the bedroom (or face down)**

Notifications — even on silent — keep part of your brain on alert. Physical distance is the simplest solution.



Bedtime Rituals

LIGHTS OUT

- Do 4-7-8 breathing (4 rounds)**
Inhale 4 counts, hold 7, exhale 8. The extended exhale activates your parasympathetic nervous system.

- Use the correct sleep position**
Back sleeping with pillow under knees, or side sleeping with pillow between knees keeps your spine neutral.

- If you can't sleep after 20 min — get up**
Don't lie in bed awake. Get up, do something calm in low light, return when sleepy. This is core CBT-I technique.

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