

Better sleep checklist



Getting enough quality sleep can be challenging. Do your environment, lifestyle, and overall mindset help you sleep better? Think about the following questions and use your answers to set some goals for yourself. If you have any questions, ask your health coach.

Do you...

	Yes	No	N/A
Keep TVs and other screens out of your bedroom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make sure the bedroom is dark?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reserve your bedroom for only sleep and sex?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep your bedroom around 65 to 70 degrees?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep your bedroom quiet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use white noise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep pets off the bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to bed within 1 or 2 hours of the same time each day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start winding down an hour before bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know what helps you sleep well?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know what negatively impacts your sleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limit alcohol close to bedtime?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limit caffeine at least 8 hours before bedtime?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid medications to help you sleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know what you can do if you can't fall asleep or keep waking up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pay attention to how you feel when you sleep well and when you don't sleep well?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wake up within 1 or 2 hours of the same time each day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wake up naturally, without an alarm clock?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel refreshed when you wake up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rarely feel sleepy while driving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	Yes	No	N/A
Rarely have to nap to get through the day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know how much sleep you need to feel happy, healthy, and productive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid using caffeine because you need energy to get through the day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Next step

Think about everything you checked “no.” What would you like to change?

What will you start doing to help you sleep better?