

SLEEP WAKE CHECKLIST



Routines For Morning and Night

When it comes to sleep routines, it's easy to focus solely on what happens in the evenings. However, how we start our days is just as important. The morning is how we introduce ourselves to each day, so getting off to a good start is a routine that takes consistency.

In the evenings, there are several routines that are often suggested, such as avoiding electronics 30-60 minutes before bed and avoiding heavy food and liquids as you're nearing bedtime. Here are some tips for continuing those strong habits in the morning:





- Even on weekends, wake up around the same time as you do during the week
- Give your body two full hours to wake up, as opposed to rushing out of bed into your daily obligations
- Get outside for some vitamin D and daylight exposure as often as you can during the day
- Skip the late afternoon coffee and cut off your caffeine intake by 2pm each day
- If you can help it, avoid naps during the day. If you really need one, keep it to 30 minutes as early in the afternoon as possible

Please use the checklist on the following page

Name: _____

Date: _____

Sleep/Wake Checklist

 PM	 Notes
<input type="radio"/> Go to bed at the same time each night	
<input type="radio"/> Budget 30 minutes for wind-down time	
<input type="radio"/> Allot time for personal hygiene (e.g., brushing teeth, skincare)	
<input type="radio"/> Dim the lights	
<input type="radio"/> Unplug from electronics 30-60 minutes before sleep	
<input type="radio"/> Use a relaxation technique (e.g., meditation, paced breathing, mindfulness)	
<input type="radio"/> Avoid liquids or heavy foods before bed	
 AM	 Notes
<input type="radio"/> Wake up at the same time each morning	
<input type="radio"/> Allow 2 hours to be fully awake	
<input type="radio"/> Allot time for personal hygiene (e.g., brushing teeth, skincare)	
<input type="radio"/> Get daylight exposure	
<input type="radio"/> Be physically active (e.g., try for 30 minutes/day)	
<input type="radio"/> Avoid caffeine after 2:00 pm	
<input type="radio"/> Try not to nap; if needed, limit to 30 minutes in the early afternoon	