

Brief Sleep-hygiene Checklist

Sleep health is important to overall health. Behaviors such as taking long naps during the day, drinking excessive caffeine to combat fatigue, or engaging in stressful behaviors close to bedtime can lead to sleep disturbance. Please answer the questions below. Once problem behaviors are identified, a plan can be developed to make changes and set concrete, easily achievable goals.

Behavior	True	False
I rise and go to bed at the same time every day, even on weekends		
I do not take naps during the day that lasts more than 20 minutes		
I avoid caffeine, nicotine, and alcohol for at least 6 hours before bedtime		
I do not exercise for at least four hours before I go to bed		
I limit my liquids in the evening so I can reduce my need to use the bathroom at night		
I have bedtime rituals such as brushing my teeth, setting the alarm, and reading a book		
My bedroom is kept dark and at a comfortable temperature		
My bedroom is for sleep—I do not watch TV or work on projects while in bed		
I go to bed only when I feel sleepy		
If I cannot fall asleep within 30 minutes, I get out of bed and do something relaxing		