

Checklist For Better Sleep

Use this Checklist for Better Sleep to identify things that could be affecting your sleep.

Things that are known to improve sleep

- Regularity: going to bed at the same time and waking up at the same time
- Keeping the bedroom cool
- A dark room
- Walking it out: don't stay in bed awake for long periods of time when you can't sleep
- Monitoring alcohol and caffeine intake
- Having a wind down routine
- Eating healthy
- Getting regular physical activity
- Relaxation practices



Things that are known to make sleep worse

- Taking long naps during the day
- Watching television in bed
- Using a device with a bright screen in the hour before bedtime (e.g. a smartphone, a laptop)
- Consuming drinks containing caffeine 8 hours before bedtime (includes tea, coffee, cola, energy drinks)
- Drinking alcohol
- Eating a heavy meal less than 3 hours before bedtime
- Eating foods high in saturated fat and sugar
- Staying in bed even if you can't fall asleep

Tips For Better Sleep

	<p>Regularity</p> <ul style="list-style-type: none"> • Go to bed at the same time and wake up at the same time. • Consider using an alarm to remind you it's time to wind down
	<p>Temperature</p> <ul style="list-style-type: none"> • Aim for a bedroom temperature of 65°F
	<p>Darkness</p> <ul style="list-style-type: none"> • Turn off screens, tablets and phones an hour before bedtime • Dim lights around the house an hour before bedtime • Make sure your bedroom is dark (blackout curtains are helpful)
	<p>Walk it out</p> <ul style="list-style-type: none"> • If you cannot sleep after 25 minutes, do another activity elsewhere like walking, reading or listening to music. Repeat as needed.
	<p>Monitor alcohol and caffeine</p> <ul style="list-style-type: none"> • Avoid caffeine at least 8 hours before bedtime. • Avoiding alcohol is best. If you have a drink at night, stop for at least 3 hours before bedtime
	<p>Have a wind down routine</p> <ul style="list-style-type: none"> • Have a bath or a routine of washing your face • Read a book, listen to music or relax with a breathing exercise • Engage in prayers or meditation
	<p>Eat a healthy diet</p> <ul style="list-style-type: none"> • Avoid or limit foods that have high amounts of saturated fat and sugar, and low amounts of fiber • Avoid large or heavy meals.
	<p>Get regular physical activity</p> <ul style="list-style-type: none"> • A brisk walk in the afternoon can help to make your body tired, reduce stress and help you sleep
	<p>Try healthy sleep practices</p> <ul style="list-style-type: none"> • Relax with breathing exercises, body scan, gratitude practices • Schedule worry time

Healthy Sleep Practices

Below are some practices to try with your wind down routine. These are also helpful tools for diverting attention away from worrying or thinking at night so you can get more restful sleep



Healthy Sleep Practices	Descriptions
Breathing Exercises	Practice deep breathing or other breathing exercises that lead to a feeling of calm and peacefulness.
Visualization Exercises	Visualize a special place that is calm and peaceful. It can be a real place, or you can make it up in your head. Use all your senses to build the special place in your minds. 
Body Scan	Slowly focus on different areas of your body where you feel tension and then visualize the tension leaving the body.
Gratitude practices	Find time close to bedtime to practice gratitude. As your falling asleep, think about the positive things that you experienced during the day.
Expressive writing 	Find time during the day to write whatever comes to mind. Don't worry about the content, the spelling, grammar etc. This is not meant to be read in the future. It is a way to get out some of your emotions that may be bottled inside so that they do not come out during the middle of the night.
Schedule worry time	Rather than allowing your brain to worry when you should be sleeping, schedule a time to worry during the day. When you start to worry at night, remind yourself that this is NOT the time to worry and that you can do this when you are awake.

Meditation for Sleep

Here's is the QR Code and link to the meditation we did in class:

<https://www.youtube.com/watch?v=2K4T9HmEhWE>

