

SLEEP HYGIENE CHECKLIST



A Guide to Improving Sleep, Calming Your Mind, and Reducing Overthinking

Improve Sleep • Calm Your Mind • Reduce Overthinking

Sleep hygiene is about the habits that support good sleep. When it's off, you may experience:

- Racing thoughts
- Trouble falling asleep
- Low energy

Small changes can make a big difference.

Consistent Sleep Routine

- I go to bed at the same time most nights
- I wake up at a consistent time
- I avoid staying up too late unnecessarily
- I have a wind-down routine

Screen & Stimulation

- I avoid screens 30–60 minutes before bed
- I limit social media at night
- I reduce bright lights before sleep
- I avoid overstimulating activities late at night

Sleep Environment

- My room is quiet and calm
- My room is dark or dimly lit
- My bed is comfortable
- I use my bed mainly for sleep

Daily Habits

- I limit caffeine later in the day
- I get some physical activity
- I take breaks during the day
- I manage stress during the day

Managing Racing Thoughts

- I write down my thoughts before bed
- I remind myself I can think about things tomorrow
- I practice calming techniques (breathing, relaxation)
- I avoid problem-solving at night

What Needs Improvement?

Which areas need the most attention?

My Sleep Improvement Plan

This week, I will focus on:

- Going to bed earlier
- Reducing screen time
- Creating a calming routine
- Managing racing thoughts
- Improving my sleep environment
- Other: _____

Reflection

What habits are helping my sleep?

What habits are making sleep harder?

You don't need a perfect routine—just a consistent one. A calm night starts with small, intentional habits.

“Better habits, better sleep.”
