



Sleep Habits Checklist

1

A consistent bedtime routine

2

Regular bedtime and regular wake up time

3

No caffeine 5-6 hours before bedtime

4

No exercise that increases body temperature before bed

5

A very dark room





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6

Reduce background noise in bedroom

7

Use white noise (if appropriate)

8

Bedroom and bed used just for sleeping

9

Bedroom temperature between 16–18 degrees

10

Balanced diet in the day time

