

YATTIR HEALTH

Sleep Hygiene Checklist

For people who have trouble falling or staying asleep and want a gentler night routine

My Sleep Goal	Target bedtime: _____ Wake-up time: _____
1 Hour Before Bed	■ Turn off or dim screens ■ Avoid caffeine, nicotine, or alcohol ■ Finish heavy meals ■ Lower lights around the house
Create a Calm Routine	■ Read a book ■ Gentle stretching ■ Warm shower or bath ■ Deep breathing or prayer ■ Listen to calming music
Optimize Your Bedroom	■ Cool, dark, and quiet room ■ Comfortable bedding ■ Use bed only for sleep and intimacy
If I Can't Sleep	■ Get out of bed after about 20 minutes ■ Do a quiet, relaxing activity ■ Return to bed when sleepy ■ Avoid watching the clock
Morning Habits	■ Wake up at the same time daily ■ Get natural sunlight within 30 minutes ■ Move your body during the day
Tonight's Reflection	What helped me relax? _____ One thing I'll repeat tomorrow: _____

Healthy Sleep Reminder

Good sleep is built through consistent habits rather than a perfect night. Aim for a regular sleep schedule, practice your bedtime routine most nights, and discuss persistent sleep problems with your healthcare provider.