Sleep Hygiene Worksheet

Basic Information			
First Name	Last Name	Date of Birth	Gender

Sleep Hygiene Checklist

Select which of the below you do/use on a daily basis:

☐ Caffeine ☐ Alcohol ☐ Smoking

☐ Exercise ☐ Napping ☐ Watch TV in bed

☐ Relaxation or stress management techniques ☐ Eat a big meal less than three hours before bedtime

☐ Use my phone in bed or in the hour before bedtime ☐ Engage in stimulating activities just before bed

☐ Go to sleep at different times every night and/or wake up at irregular times in the morning

Healthy Daytime Habits

Good quality sleep at night starts with having healthy habits in the daytime. Take a minute to identify what habits you want to focus on improving, and which habits are holding you back from quality sleep at night.

I want to focus on developing the following healthy daytime habits to improve my sleep hygiene (e.g. daily exercise, healthy eating, and stress management techniques):

I want to reduce the following unhealthy daytime habits (e.g. reduce caffeine or alcohol consumption, and avoid napping during the day):

Night Time Routine

Having a relaxing nighttime routine can help you wind down and get ready for a good night's sleep. To help develop your own nightly routine, try answering the below questions:

What relaxing activities you can do in the hour before bedtime that are not screen-based?

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Night Time Routine (continued)

What does your ideal nighttime routine look like? (include specific activities and times)

Sleep Schedule

Having a set sleep schedule is important to help your body clock stay in its natural rhythm. Think about your daily routine, and decide on the time you will go to bed and the time you will wake up and write them down here:

I will go to bed at:	I will wake up at:

Sleeping Environment

Think to yourself, is my bedroom…
- **Cool?**
- **Dark?**
- **Quiet?**
- **Comfortable?**

If not, what can you do to improve your sleeping environment so it meets the above criteria? (e.g. black out curtains, soundproofing, mattress topper)

When you can't get to sleep…

If it's been more than about 20 minutes and you are still having trouble getting to sleep:
- **Get out of bed and try a quiet activity**
- **Don't force yourself to stay in bed if you can't fall asleep**
- **Go back to bed when you're feeling tired again**

What are some activities you can do if you can't sleep? (not screen-based)