

Sleep Routine

Daytime, evening and bedroom habits that help sleep come easier, plus a one-week log.

Daytime

- ☐ Get outside light within an hour of waking
- ☐ Move your body, ideally earlier in the day
- ☐ Keep caffeine before noon
- ☐ Keep naps under 30 minutes, before 3 p.m.

Evening

- ☐ Dim lights and screens about an hour before bed
- ☐ Finish heavy meals 2-3 hours before bed
- ☐ Write tomorrow's to-do list or worries down
- ☐ Do something calming: reading, stretching, a warm shower

Bedroom

- ☐ Cool, dark and quiet (fan or white noise helps)
- ☐ Same wake-up time every day, even weekends
- ☐ Bed is for sleep; if awake 20 minutes, get up and rest elsewhere

One-week sleep log

Day	Bedtime	Wake time	Hours	Rested? (1-5)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				