



FREE PRINTABLE

# Sleep Hygiene Checklist

Twenty evidence-based habits to check off each night. Build better sleep one tick at a time.

You don't need to tick every box every night. Notice which habits make the biggest difference for you.

## MORNING & DAYTIME

- Got natural daylight within an hour of waking
- Avoided caffeine after early afternoon
- Moved my body — even a short walk counts
- Kept a fairly consistent wake-up time

## THE WIND-DOWN HOUR

- Put screens away at least 30 minutes before bed
- Did something calming — reading, stretching, a warm bath
- Wrote down tomorrow's to-do list to clear my mind
- Kept the bedroom cool, dark and quiet
- Avoided checking emails or the news

## EARLY EVENING

- Finished any intense exercise at least 2 hours before bed
- Had my last big meal at least 3 hours before bed
- Started dimming household lights after sunset
- Avoided alcohol, or kept it to an early, modest amount

## IN BED

- Used the bed only for sleep, not work or scrolling
- Practised a few slow, deliberate breaths
- Let go of needing to fall asleep immediately
- If awake after 20 minutes, got up briefly rather than forcing it

## OVERALL MINDSET

- Approached tonight with curiosity rather than pressure
- Reminded myself that one poor night is not a crisis
- Felt at least one small thing I'm grateful for today

### A GENTLE REMINDER

Sleep hygiene is about gentle consistency, not perfection. Small, sustainable changes compound over time. For a fully personalised bedtime routine, try the Sleep Ritual Generator at [somnuscapes.com](https://somnuscapes.com).