



HOW TO SLEEP BETTER SELF-HELP CHECKLIST

SLEEP-FRIENDLY CHOICES I MADE TODAY:	MON	TUES	WEDS	THURS	FRI	SAT	SUN	NOTES
<i>Went to sleep at my regular bed time</i>								
<i>Increased light exposure during the day by spending time outside (or using a light therapy box)</i>								
<i>Boosted melatonin by turning off all screens at least 30 mins before bed time and avoiding bright lights</i>								
<i>Made my bedroom as dark, cool, and quiet as possible</i>								
<i>Did one activity from my toolbox of relaxing bed time rituals</i>								
<i>Exercised for 30 mins or more during the day</i>								
<i>Avoided alcohol and a late, heavy meal</i>								
<i>Cut back on caffeine, especially after lunch</i>								
<i>Practiced a relaxation technique prior to bed time or when waking up in the night, such as deep breathing or meditation</i>								

Reference: *How to Sleep Better* Tips for Getting a Good Night's Sleep

<http://helpguide.org/articles/sleep/how-to-sleep-better.htm>