

# Sleep Hygiene Checklist

## Sleep Disturbances

- Insomnia
- Sleep Apnea
- Restless Leg Syndrome
- Sleepwalking
- Snoring
- Jet Lag
- Grinding Teeth
- Narcolepsy
- Nightmares
- Daytime Sleepiness



Restful sleep helps you stay healthy by allowing your body to repair itself at the cellular level. Rituals and routines keep your body in rhythm. The suggestions below can help you develop healthy sleep habits.

Avoid going to bed unless you are sleepy. If you're not sleepy at bedtime, then do something else to relax your body and distract your mind.	If you are not asleep after 20 minutes, then get out of bed and find something else to help you feel relaxed. Keep the bed for sleeping.
Begin rituals that help you relax each night before bed. This can include activities such as a warm bath, a light snack or a few minutes of reading.	Wake up at the same approximate time each morning; even on weekends & holidays.
Get a full night's sleep on a regular basis. Consult sleep requirements below.	Avoid taking naps if you can, especially after 3PM.
Keep to a regular schedule.	Avoid any caffeine after lunch.
Avoid going to bed hungry, but also avoid eating a big meal near bedtime. A few grams of protein before bed can be helpful.	Avoid reading, writing, working, eating, watching TV, talking on the phone, or playing cards in bed.
Avoid any alcohol within six hours of your bedtime.	Avoid cigarettes or any other source of nicotine before bedtime.
Avoid sleeping pills. If you are using sleeping aids regularly, even over the counter, consult your physician.	Make your bedroom quiet, dark, and a little bit cool. Turn your clock away from you, turn off computers, etc.
Avoid any strenuous exercise within six hours of your bedtime.	Clear your mind...keep a bedside journal to jot things down that may worry you.

## How much sleep do you need?

- **Infants (3 to 11 Months): 14 to 15 hours**
- **Preschoolers: 11 to 13 hours**
- **School-Age Children: 10 to 11 hours**
- **Adults (ages 18 – 40): 7 to 8 hours**
- **Older Adults (age 40+): 7 to 9 hours**