REST

SLEEP ROUTINE CHECKLIST

A calm, repeatable routine can make it easier to prepare for sleep.

Build a wind-down that fits your life

Pick one or two ideas to try. Consistency matters more than getting every box checked.

MORNING

- [ ] Get up around a consistent time when possible.
- [ ] Get daylight and a little movement if it works for you.

DAYTIME

- [ ] Notice how caffeine affects you; consider limiting it later in the day.
- [ ] If you nap, keep it earlier and brief if long naps affect nighttime sleep.

EVENING

- [ ] Set a gentle reminder to begin winding down.
- [ ] Dim lights and reduce stimulating screens or activities before bed.

BEDTIME

- [ ] Make the room comfortable, quiet, and as dark as practical.
- [ ] Try a calming activity: reading, stretching, breathing, or a warm bath.

My simple wind-down plan

If sleep problems persist or affect your daily life, consider talking with a healthcare professional.