



Establish Healthy Sleeping Habits

Review the list below. Which practices are you doing now? What changes will you implement?

Check off the items that you're currently doing, and work on incorporating the remaining items into your routine by the end of the month.

- Take a relaxation or meditation break each day.
- Maintain a regular sleep schedule.
- Establish a bedtime routine.
- Ensure your sleeping space is quiet and at a comfortable temperature.
- Don't exercise for at least three hours before going to sleep.
- Finish eating two to three hours before bedtime.
- Don't use digital devices (phone, tablet, computer) within one hour before bedtime.
- Before bedtime spend time reading, chatting, or reflecting on the day.
- Avoid caffeine, nicotine, and alcohol close to bedtime.

