

# SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

## 30 tips to help you sleep like a baby!

- 1 20-minute naps only**  
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**  
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
- 3 Go to bed at the same time**  
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
- 4 Get up at the same time**  
See above ;)
- 5 Get Vitamin D from the morning sun**  
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**  
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
- 7 Don't work in bed**  
Use your bed strictly for sleeping, and not working or eating!
- 8 Invest in a good mattress**  
This one's a no-brainer. If you need help in choosing one, check out [sleepsavvy.com](http://sleepsavvy.com).
- 9 Pair your bed with fresh bedding**  
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**  
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
- 11 Eat healthy and on time**  
Keeping to consistent meal times means that our bodies know when to rest and when to digest. Try not to throw it off schedule.
- 12 Avoid eating before bed**  
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
- 13 No water right before bed**  
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
- 14 Exercise daily**  
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**  
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
- 16 Follow an evening ritual**  
How you end your day is important too - consider stretching or meditating an hour before bed.
- 17 Take a hot bath**  
Relax your mind, relax your body and welcome sleep.
- 18 Keep eyes off the clock**  
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
- 19 Stay away from screens**  
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



# Quick Sleep Hygiene Tips Step Plan For Students

**Harvard University. Graduate School  
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