

# Sleep Hygiene Checklist



## Before Bed Habits

- Go to bed and wake up at the same time every day—even weekends
- Avoid screens (phones, TV, tablets) at least 1 hour before bed
- Dim the lights 1–2 hours before sleep
- Limit caffeine after 2 p.m.
- Avoid heavy meals or alcohol 2–3 hours before bed
- Take a warm bath or shower to wind down
- Journal or brain dump to clear your thoughts
- Use calming night affirmations or meditation



## Daytime Sleep Support

- Get sunlight in the morning (even 10–15 minutes)
- Exercise regularly, but not too close to bedtime
- Don't nap for longer than 20–30 minutes
- Eat balanced meals to support your circadian rhythm
- Limit stress with routines and quiet breaks during the day
- Avoid hitting snooze (disrupts your sleep cycle)



## Bedroom Environment

- Keep your room cool (60–67°F is ideal)
- Make the room as dark as possible (blackout curtains or sleep mask)
- Reduce noise (earplugs or white noise machine if needed)
- Use a comfortable mattress and pillow
- Keep electronics out of the bedroom
- Use calming scents like lavender or chamomile



## Optional "Sleep Prep" Extras

- Create a bedtime routine (some steps each night)
- Use a sleep tracker to notice patterns
- Try herbal tea (like chamomile or lemon balm)
- Keep a sleep journal to identify habits
- Use a calming playlist, white noise, or sleep sounds

Notes:

# Quick Sleep Hygiene Tips For Moms 10582

**Clifford Lane**



## **Quick Sleep Hygiene Tips For Moms 10582:**

## **Quick Sleep Hygiene Tips For Moms 10582** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Quick Sleep Hygiene Tips For Moms 10582**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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