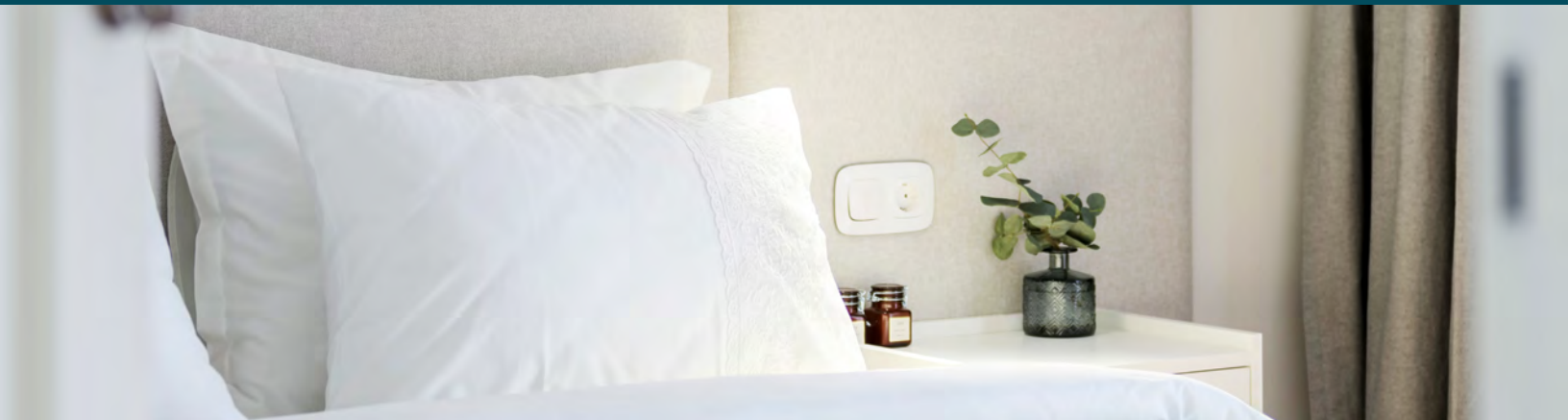


# Healthy Sleep Hygiene Checklist



Sleep is a critical component of our overall health, and many substances can impact our quality or quantity of sleep. While there's no one-size-fits-all solution to achieving optimal sleep, an individualized approach may include adjustments to medication, supplements, daily routines, and sleep hygiene. By following this approach, you may be able to help improve your sleep quality and overall well-being.

	Go to bed and get up at the same time every day.
	Do something calming before you head to bed.
	Avoid electronics before sleep.
	Limit naps.
	Avoid substances, like caffeine and alcohol, at least six hours before going to bed.
	Avoid eating foods high in sugar late in the day.
	Keep a sleep diary.
	Exercise daily but make sure it's at least three hours before bedtime.
	Only use your bedroom for sleep, sex, and when you're sick.
	Set the lighting and temperature to levels that will help you fall asleep.
	Consult your health care provider, pharmacist, or sleep specialist if you are consistently experiencing difficulty sleeping.