

Sleep Hygiene Habits

The boring half of sleep advice. Worth doing anyway.

Most people who sleep badly know roughly what they "should" be doing. The point of this sheet is not new information; it is to give you a fixed list to check yourself against, week by week. Tick the ones you are already doing. Pick one or two of the rest to add this week. Sleep improves slowly; do not expect tonight to be different.

During the day

- 10-30 minutes of sunlight in your eyes within an hour of waking
- No caffeine after 2 p.m. (it stays active in the body for 8-10 hours)
- Some movement during the day, ideally not in the 3 hours before bed
- No naps after 3 p.m. If you nap, keep it under 20 minutes
- No alcohol within 3 hours of bed (it fragments the second half of sleep)

The 90 minutes before bed

- Dim the lights or shift to lamps; no overhead lighting
- Phone away or on do-not-disturb; if screens are on, use night mode
- Same wind-down routine most nights (shower, stretch, read, journal)
- Light snack only if hungry; no heavy meal or sugar in the last hour
- If a worry shows up, write it down on paper to deal with tomorrow

Bedroom environment

- Cool room (16-19 degrees C / 60-67 F); body temperature drops to sleep
- Fully dark (blackout curtains or eye mask)
- Fully quiet (earplugs, white noise, fan, whatever works)
- Phone outside the room, or face-down across the room
- Bed for sleep and sex only; not for work, scrolling, or TV

Which one or two will you start with this week

Naming the specific habit makes it more likely to happen than a general intention.

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A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

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A review of these free tools is public and optional, so no pressure, especially if you're a current client.