

## 🌙 Sleep Hygiene Checklist

Support your body's natural rhythm and get better sleep, naturally.

### 🛏 Before Bed

- ✓ Stick to a consistent sleep schedule — even on weekends
- ✓ Avoid caffeine after 2 PM
- ✓ Skip alcohol or heavy meals close to bedtime
- ✓ Dim lights 1–2 hours before sleep
- ✓ Put your phone away 30–60 minutes before bed
- ✓ Take a warm shower or bath to relax your body
- ✓ Read, stretch, or do a short meditation
- ✓ Create a calming wind-down routine you actually enjoy

### 🏠 Sleep Environment

- ✓ Cool room (around 65–68°F / 18–20°C)
- ✓ Use blackout curtains or an eye mask
- ✓ White noise or nature sounds if needed
- ✓ Comfortable mattress and supportive pillows
- ✓ Declutter and keep your bedroom restful and screen-free

### 🌿 Body & Mind Care

- ✓ No late-night doom scrolling or stressful conversations
- ✓ Journaling or gratitude practice to clear your mind
- ✓ Herbal tea (chamomile, lemon balm, etc.)
- ✓ Gentle nighttime yoga or breathwork
- ✓ Keep a glass of water by the bed

### ☀ Daytime Support for Better Sleep

- ✓ Get 10–20 minutes of sunlight first thing in the morning
- ✓ Move your body naturally throughout the day
- ✓ Limit naps to 20–30 minutes early in the day
- ✓ Eat nutrient-dense meals and stay hydrated
- ✓ Reduce screen exposure in the late evening

### 🎁 Bonus Tip:

Be patient. Rest is not a reward — it's a *right* and a *need*! The more consistent your routine, the more your body will thank you!

