

Small Daily Habits for Big Sleep Gains

ENVIRONMENT

- ☐ Make your bedroom as dark as possible (blackout curtains, eye mask if needed).
- ☐ Eliminate or mask noise (use earplugs, a white noise machine, or a fan).
- ☐ Keep the room cool (around 60-67°F or 15-19°C is ideal for most people).
- ☐ Use your bedroom only for sleep and intimacy—avoid working, eating, or watching TV.

EVENING HABITS (1 -2 HOURS BEFORE BED)

- ☐ Turn off or dim bright lights, especially limit blue light from screens.
- ☐ Avoid alcohol and caffeine in the evening (alcohol may make you feel sleepy, but it disrupts sleep quality).
- ☐ Have your last meal at least 3 hours before bedtime.
- ☐ Create a calming pre-sleep ritual (e.g., read a paper book, gentle stretching, warm bath, light breathing exercises).
- ☐ Journal or write down to-do lists to calm your mind.
- ☐ Use a daylight lamp in the morning if you wake up before sunrise; avoid bright artificial light at night.

DAYTIME HABITS

- ☐ Get bright natural light exposure as early in the day as possible.
- ☐ Keep physical activity consistent, but avoid heavy workouts within 2 hours of bedtime.
- ☐ Avoid naps—or keep them under 20 minutes and only early afternoon if needed.

SLEEP ROUTINE

- ☐ Go to bed and wake up at the same time every day (including weekends).
- ☐ Don't hit the snooze button—get up and out of bed at your set time.
- ☐ If you wake up within 90 minutes before your alarm, consider getting up (you may feel more refreshed).
- ☐ Experiment to find your personal optimal sleep duration (most adults need 7-9 hours).
- ☐ If you wake during the night, jot down thoughts in a notebook to clear your mind and return to sleep.
- ☐ Track your sleep for 1-2 weeks (use a simple notebook or app) to find patterns and trouble spots.