

Sleep Hygiene Self-Check

Sleep is critical for your health, performance, and well-being. Sleep strategies aren't one-size-fits-all. So, it's important to find what works best for you when it comes to getting the sleep you need to be energized and productive each day. Check out these sleep hygiene tips to see if they might work for you.

- 1. I make sleep a priority by choosing it over work, social events, or watching "just one more" TV show.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 2. I know how much sleep I need to optimize my health and performance by learning how long I naturally sleep uninterrupted and how different lengths of sleep impact my energy and focus.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 3. I have a consistent wake-up time for most days of the week.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 4. I have a "going to bed" ritual to signal to my body that it's time to get ready for sleep.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 5. I keep my bedroom quiet, dark, comfortable, and cool (65°F is optimal for some).**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 6. I only use the bedroom for sleep and sex. I don't watch TV, go on the computer, or do work in my bedroom.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 7. I have a "2-hour" rule. I turn off all devices at least 2 hours before bedtime and dim the lights.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 8. I have a regular exercise routine, and I don't work out close to bedtime.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 9. I stop caffeine at least 6 hours before I go to bed.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 10. I avoid drinking alcohol or eating large meals before bed.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 11. When I can't sleep for over 20 minutes, I get out of bed and do something pleasant or relaxing.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 12. I have a regular gratitude practice.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 13. I have a relaxation response activity—such as mindfulness, progressive muscle relaxation, or deep breathing—that I practice regularly.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 14. I avoid naps close to my bedtime.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.
- 15. I have talked with my doctor or a sleep specialist to help me get better sleep.**
 - I already do this.
 - This will not work for me at this time.
 - I want to try this strategy.