

SLEEP HYGIENE CHECKLIST ✓

START PRACTICING THESE HABITS BIT BY BIT.
THE MORE YOU DO THEM, THE BETTER YOU'LL SLEEP AND FEEL!

MY BEDTIME IS: _____ MY WAKE TIME IS: _____

- Sleep and wake at the same time every day
- No caffeine at least 4 hours before bedtime
- No napping after 3pm
- Avoid screens 1 hour before bed
- Only light meals or snack pre-bed. Hydrate lightly.
- Keep bedroom cool and dark
- Slip on your Blissly Sleep Mask
- Grab your favorite pillows, blankets, and your Blissly Pillowcase
- Meditate, practice gentle yoga, or do some breathing exercises
- Exercise in the daytime
- Pre-bed wind-down: hot bath, book, music, or calming activity

