



Sleep Well Checklist

Sleep is one of our most important health assets.

If you are struggling here, try the tips on the checklist below.

During the day	✓
At least 30 minutes of bright sunlight per day	
No caffeine after 12pm	
At least 2 litres of water	
Adequate Protein for lunch	
If poor sleep the previous night, schedule in an earlier bed time.	
NOTE: Fatigue in the afternoon is common, but indicates more rest is needed, not more stimulants.	
In the bedroom	
Comfortable bedding	
Not too hot or cold	
Lightweight bed clothes	
Dark – light is blocked out	
Before 9pm	
A walk outside after sunset	
Blue light blockers turned on phone or blue light glasses worn	
Have a hot bath or shower to ready core temperature for sleeping	
After 9pm	
A bed time at about the same each night will help establish a routine	
Don't try to keep yourself awake if you're tired at or around this time	
Devices are switched off by 9pm	
8 – 9 hours of sleep is scheduled in – more if you need to catch up	
Avoid alcohol, excessive liquid or food consumption	
Meditation, Relaxation activities	
Getting to Sleep	
Remove noise if possible – wear ear plugs if required	
Making lists and organising your life is for the day time, not now.	
Enjoy! Sleep is a delightful restorative process to be enjoyed.	