GOOD SLEEP HYGEINE HABITS TO START	BAD SLEEP HYGEINE HABITS TO STOP
Pick a consistent bedtime and stick to it every single day of the week, including weekends!	Don't sleep in on the weekends! It disrupts your body's biological clock, and makes it more difficult to sleep when Monday rolls around.
Establish a "screen-free" window of time at night that immediately precedes your sleep. Substitute hard copy books, magazines, or audio podcasts for other electronic devices.	Don't use screens such as tablets, televisions, or phones before your bedtime.
Designate a dedicated space in your home outside of the bedroom to watch television, exercise, eat, and do work.	Don't eat in bed! Don't watch television in bed! Don't do work in bed! Only use the bed for sleep and sex.
Incorporate a short (eight to twelve) minute relaxation or meditation practice into your day. [*Free audio links provided on the back of this worksheet!]	Eliminate caffeine and alcohol intake several hours before bedtime. Both can disrupt the quality of your sleep.
Keep a sleep diary to help monitor bed times, wake times, and frequency and length of interruptions. [*Downloadable worksheet link provided on the back of this worksheet!]	Stop using the snooze button on your alarm in the morning. Consider placing your alarm on a bureau that forces you to stand up and leave the bed.
Engage in consistent, moderate intensity exercise (like a brisk, half hour walk a few times a week). This has been shown to improve sleep quality.	Avoid naps. If you must, limit the nap to an hour or less, and schedule it for the late morning or early afternoon.

SLEEP HYGEINE WORKSHEET

This primary care clinic offers an online six-week program entitled cognitive behavioral therapy for insomnia, or CBT-I for short. The program is designed to systematically tackle problems with sleep. If you have been struggling with your sleep, we strongly recommend this program! Research has shown that it not only works, but its benefits can be long-lasting without the fear of any adverse side effects.

However, the online program requires some commitment, and the benefits that patients get often take some time to be felt. With the responsibilities and stress of everyday life, it can be tough to stick to it. Therefore, this worksheet is designed as a primer to introduce you to some of the basic concepts of sleep hygiene.

You'll notice the suggestions on the opposite side of this page are divided into two columns: good habits to attempt to develop, and bad habits to try to break. As most people who have ever tried to diet or exercise can attest to, establishing habits is one of the hardest things humans can do. Therefore, we recommend you start with a small goal and build from there. Stick the front of this worksheet somewhere visible, like your refrigerator, and then pick one or two suggestions at most. Try to commit to them for a full week. After you have become comfortable with the initial changes, you can add more from there.

ADDITIONAL INFORMATION

The National Sleep Foundation sponsors this website that features an elegant layout with interactive infographics.

https://sleep.org/

The New York Times publishes a number of comprehensive wellness guides for common health topics such as sleep. Routine exercise and meditation practices often synergize with optimal sleep health, so we also recommend checking out "The 9-Minute Strength Workout" and "How to Meditate."

https://www.nytimes.com/guides/well/how-to-sleep

The Sleep Medicine Division of Harvard Medical School provides this resource that includes a number of video clips from sleep specialists.

http://healthysleep.med.harvard.edu/healthy/

LINKS FOR FREE AUDIO TRACKS TO FACILITATE RELAXATION OR MEDITATION EXERCISES

http://marc.ucla.edu/mindful-meditations

http://www.dartmouth.edu/~healthed/relax/downloads.html

LINK FOR SLEEP DIARY WORKSHEET

https://static01.nyt.com/packages/pdf/health/NYTimes_Sleep_Diary_checklist.pdf