

# Sleep Better Checklist



- Aim for 7½ - 8 hours of sleep per night
- Have a regular bed time
  - Set your alarm clock to go to bed, about 7½ hours prior to your wake up time
- Turn off all “screens” 30-60 minutes prior to bed
  - TVs, iPhones, laptops, video games, computers, iPads
  - Any device with a backlight is too stimulating to the brain and can prevent you from falling asleep
- Sleep in complete darkness
  - Use dark shades or sleep masks
- Keep your room cool
  - 70 degrees F or less, optimal sleep temperature is 68 degrees F
- Reserve your bed for sleeping
  - Avoid TV watching, working, etc.
- White noise
  - Consider using a white noise machine or smartphone app
- Consider natural sleep aids
  - Melatonin 3-6 mg prior to bed (Check with your doctor prior to starting)
  - Calcium 600 mg per day
  - Magnesium 400 mg per day
- Combo tea
  - 1 valerian root teabag and 1 passionflower teabag, 1 hour prior to bed
- Regular exercise & Healthy diet
  - Get 30-40 minutes of daily exercise
  - Stay away from big meals at night
  - Avoid alcohol before bed
  - Cut down on caffeine