

Sleep Hygiene Self-Check

Sleep is critical for your health, performance, and well-being. Sleep strategies aren't one-size-fits-all, though. 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. To learn more about the science behind these tips, read HPRC's article on [sleep readiness](#).

1. I make sleep a priority by choosing it over work, social events, or watching "just one more" TV show when appropriate.



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 personally need to optimize my health and performance by doing a [sleep self-study](#), and how [different lengths of sleep impact my energy and focus](#) (most adults need 7–9 hours each night).



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 get early morning and regular exposure to sunlight (or artificial bright light when sunlight isn't possible) that helps me set my body clock and be ready for sleep at night.



I already do this.



This will not work for me at this time.



I want to try this strategy.

5. I have a regular exercise routine that helps me be physically tired at the end of the day.



I already do this.



This will not work for me at this time.



I want to try this strategy.

6. I avoid naps close to bedtime.



I already do this.



This will not work for me at this time.



I want to try this strategy.

7. I avoid stimulating or energizing physical or mental activities at least one hour before bedtime. (It's normal to have an energy boost one hour before bedtime.)



I already do this.



This will not work for me at this time.



I want to try this strategy.

8. I turn off devices at least one hour 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.

9. I stop consuming [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 before bed because it disrupts the quality of my sleep.



I already do this.



This will not work for me at this time.



I want to try this strategy.

11. I don't go to bed hungry. And I avoid large meals close to bedtime. I also clear my bladder and avoid drinking lots of liquids before bed.



I already do this.



This will not work for me at this time.



I want to try this strategy.

12. 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.

13. I only use the bed for sleep and sex. I don't watch TV, go on the computer, or do work in my bedroom close to bedtime.



I already do this.



This will not work for me at this time.



I want to try this strategy.

14. I put the bedroom clock where I can't see it to avoid checking it throughout the night.



I already do this.



This will not work for me at this time.



I want to try this strategy.

15. I have a "going to bed" ritual and consistent bedtime 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.

16. I have a regular gratitude practice that can boost my length and quality of sleep.



I already do this.



This will not work for me at this time.



I want to try this strategy.

17. 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.

18. Before bed, I try to clear my mind of worry by distracting myself with calming mental games that consume my attention. Or I journal my concerns and a plan of action to address the next day.



I already do this.



This will not work for me at this time.



I want to try this strategy.

19. When I can't sleep (or fall back to sleep) after 20–30 minutes, I get out of bed and do something relaxing under low light until I feel drowsy.



I already do this.



This will not work for me at this time.



I want to try this strategy.

20. I talked with my doctor or a sleep specialist to explore cognitive behavioral therapy for insomnia (CBT-i) and other strategies 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.
