

My 7-Day Sleep Hygiene Checklist



**No phones
in bed.**



**No TV 2
hrs
before
bed.**



**Stick to a
bedtime
routine.**



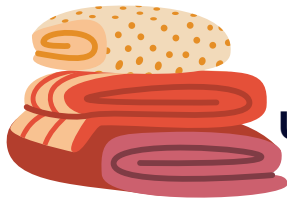
**Keep your
room cool.**



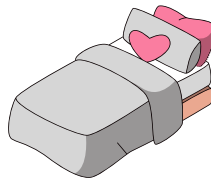
**No sugar
before bed.**



**Use soft, dim
lighting.**



**Use a cosy
blanket.**



**Make your
bed
comfortable.**



**Read a
calming book
before bed.**