




## Sleep Hygiene Checklist

Put a check mark by any that you might be able to improve sleep:

- Limit caffeine
- Limit alcohol, especially in the evening
- Limit liquid intake in the evening
- Quit smoking, cut down in the evening
- Exercise regularly, but not too close to bedtime
- Eat regular meals and do not go to bed hungry
- Keep your bedroom quiet and dark
- Keep your bedroom cool (65 degrees)
- Put the clock under the bed or turn it so you can't see it
- Stay in low light and away from screens 1 hour prior to sleep
- Use a wind down time before bed



**Questions?**  
Contact us  
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# **How many of these rules are you following? The more you follow, the better you will feel.**

- \_\_\_ Set your alarm daily for the same time
- \_\_\_ Use your bed only for sleep/sex. Resting is not sleeping.
- \_\_\_ Get out of bed when you cannot sleep
- \_\_\_ Don't worry, plan or problem solve in bed
- \_\_\_ Avoid daytime napping
- \_\_\_ Avoid excessive time in bed

# Common Reasons for Fatigue

Put a check mark by any that might pertain to you:

- Some medications can cause fatigue, including those for anxiety, blood pressure, allergies
- Medical conditions, including hypothyroidism, anemia, concussion
- Not allowing some time to be fully awake before deciding on level of fatigue
- Dehydration
- Caffeine or blood sugar crash
- Stress or anxiety
- Depression or grief
- Pain
- Obesity
- Boredom
- Alcohol use, especially in evening
- Physical activity -- too much or too little
- Eye strain, such as with a lot of screen time
- Infection, like candida or UTI



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