

Your bedtime checklist

A simple page to keep beside your bed. Tick what you try.

Date: _____

My planned wake-up time: _____

- ☐

Choose consistent times for going to bed and getting up.
- ☐

Leave an hour to unwind: read, take a bath or relax.
- ☐

Put away screens before bedtime.
- ☐

Darken the bedroom and reduce noise.
- ☐

Check your pillow and bedding feel comfortable.
- ☐

Leave large meals and exercise out of the final two hours.
- ☐

Avoid tea, coffee, alcohol and smoking for four hours before bed.
- ☐

Keep naps short and away from bedtime.

One thing I want to try tomorrow

Speak to your GP if sleep problems persist or affect daily life. Do not drive when sleepy.

General adult routine guide. No score, diagnosis or purchase required.