Want deeper sleep? Who doesn't?! Use this sleep hygiene checklist to reinforce healthy habits that help you sleep better at night.

**30 tips to help you sleep like a baby!**

1. **20-minute naps only**
   Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.

2. **Avoid napping if you can**
   If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.

3. **Go to bed at the same time**
   Sticking to a regular schedule is the key to cultivating healthy sleep habits.

4. **Get up at the same time**
   See above :)

5. **Get Vitamin D from the morning sun**
   Bask in some natural sunlight first thing in the morning to wake yourself up!

6. **Can't fall asleep? Go do something**
   If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).

7. **Don't work in bed**
   Use your bed strictly for sleeping, and not working or eating!

8. **Invest in a good mattress**
   This one's a no-brainer. If you need help in choosing one, check out sleepsavvy.com.

9. **Pair your bed with fresh bedding**
   Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

10. **Say NO alcohol, caffeine and nicotine**
    Ditch the booze. At least 4~6 hours before bed. We all know these are stimulants!

11. **Eat healthy and on time**
    Keeping to consistent meal times mean that our bodies know when to rest and when to digest. Try not to throw it off schedule.

12. **Avoid eating before bed**
    If your body is working overtime when it should be resting, you probably won’t sleep like a baby.

13. **No water right before bed**
    Don’t want multiple midnight pee breaks? Don’t drink too much water and empty out your bladder before bed.

14. **Exercise daily**
    Unleash all your excess energy in the gym, so you can fully recharge at night.

15. **Avoid exercising at night**
    The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2~4 hours before bed.

16. **Follow an evening ritual**
    How you end your day is important too – consider stretching or meditating an hour before bed.

17. **Take a hot bath**
    Relax your mind, relax your body and welcome sleep.

18. **Keep eyes off the clock**
    It causes more anxiety than not, especially when you wake up in the middle of the night. So don’t check the time!

19. **Stay away from screens**
    Blue light from our smart devices keeps us awake later, so practice being “tech-free” at least 2H before bed.
### Sleep Hygiene Checklist

**20. Use Blue light filter**
Turn on the filter on your phone, use F.lux on your laptop and you can even try blue light blocker glasses.

**21. Charge devices outside of the bedroom**
Who knows what kind of radiation you’re subjecting yourself to. Charge your laptop, tablet and phone in the living room.

**22. Relax your mind**
Calm that monkey mind down with some breathing and meditation exercises.

**23. Write down your worries**
This is when journaling comes into play. Try writing down everything that’s bugging you - you might just feel better.

**24. Don’t argue right before bed**
Being in ‘fight or flight’ mode won’t help you sleep, so avoid any heated discussions before bed.

**25. No scary movies before bed**
Especially if you tend to have nightmares often.

**26. Stick to daytime plans**
Even if you didn’t sleep well, stick to your daytime routine as much as possible.

**27. Say no to work right before bed**
Work almost always bring stress, making it hard to unwind. So finish it up long before bed or do it in the morning!

**28. No driving if you’re sleepy**
Let’s not cause any accidents! For obvious safety reasons, don’t drive when sleepy.

**29. Follow through**
Consistency is the secret sauce here. After a while, you'll form effortless sleep habits.

**30. Jetlag? Try fasting**
Going without food for 12–16 hours mimics sleep. If you want to adjust to the local time faster, eat on their schedule.

[www.thesleepsavvy.com](http://www.thesleepsavvy.com)