

Bedtime Checklist for Better Sleep

Dim the lights to signal your brain it is nighttime.

Turn off all screens at least 60 minutes before bed.

Avoid caffeine or heavy meals 3 hours before bedtime.

Practice 4-7-8 breathing or a 5-minute meditation.

Write down any worries or to-dos in a journal (brain dump).

Keep your bedroom cool, dark, and quiet.

Do a light stretch or yoga pose (like legs up the wall)...

Use calming sounds: white noise, nature sounds, or soft music.

Turn off all screens at least 60 minutes before bed.

Stick to a fixed bedtime every night, even on weekends.

Try a warm caffeine-free tea or bath as part of your ritual.

