

# ***Better Sleep Checklist***

- Eliminate caffeine in the afternoon
- Get At Least 20-30 minutes of sunlight daily
- Make sure the temperature is below 70 degrees
- Room Is Completely Dark
- No small lights are visible (alarm clock, tv, router, etc.)
- TV is off (preferably not in the bedroom at all)
- Same bedtime every night  
Enter bedtime here: \_\_\_\_:\_\_\_\_ pm
- Digital Detox  
No TV or Phone usage 30-90 minutes before bed
- If you can't do a digital detox, throw Blue Blocker Glasses on 30-90 minutes before bed
- Perform Sleep Routine

## Sleep Routine

3-5 actions same order every night  
(shower, brush teeth, stretch, whatever you like)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Suggested Items For Optimal Sleep  
Available On Amazon:

1. Blue Blocker Glasses

2. Blackout Curtains

3. Nasal Strips

4. Sunrise Alarm Clock