# SLEEP ENVIRONMENT CHECKLIST

# DEEP SLEEP
## *diagnosis*

Wondering why deep sleep is important? It facilitates memory consolidation, immune function, and overall cognitive health.

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What activities or habits help you relax and prepare for deep sleep? Conversely, are there any behaviors that tend to interfere with your ability to achieve restful sleep?

How does the presence of clutter and distractions in your bedroom affect your ability to relax and achieve deep sleep? Are there organizational strategies you can implement to create a calm and clutter-free sleep environment?

# THE ABC
## of better sleep

Evaluate each item on the checklist and mark whether you already incorporate it into your sleep environment or if it's an area you can improve upon for better sleep quality.

Ensure your mattress provides adequate support and comfort for your body

Use soft, breathable sheets, blankets, and pillows that promote comfort and temperature regulation

Maintain a cool, comfortable room temperature between 15-20° celsius

Block out excess light with curtains or blinds to create a dark sleep environment that signals your body it's time for rest

Minimize noise disturbances with earplugs, white noise machines, or soundproofing

Ensure good ventilation in the room to promote airflow and maintain a fresh, breathable atmosphere

Wear loose-fitting, comfortable sleepwear that allows for freedom of movement and promotes relaxation

Remove electronic devices such as TVs, computers, and smartphones from the bedroom to minimize screen time and blue light exposure before bed

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# SANCTUARY

*makeover*

Think about your sleep space and what might be making it hard to sleep well. Then, make a picture board of how you want your perfect sleep area to look. Use pictures of comfy things like soft blankets and relaxing colors.