# Sleep Efficiency Checklist

Clean Slate

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| **Establish a consistent sleep routine** | | Go to bed and wake up at the same time every day (including weekends). |
| | | If you have not gone to sleep after about 20 minutes, get up and leave the bedroom (if possible) until you feel tired again. If you live in one room and cannot leave, at least get out of bed and do something quiet and relaxing—like reading or listening to calming music—until you feel sleepy again. |
| **Create a relaxing bedtime routine** | | Reading (set up a reading nook in your favourite chair in the lounge room). |
| | | Listening to soft music. |
| | | Warm bath (dim lights). |
| | | Cup of herbal tea (think lavender, chamomile, peppermint or a sleepy time blend). |
| | | Ritual (e.g. cup of tea, bath, teeth, moisturise, bed). |
| **Optimise your sleep environment** | | Comfortable bedding (adequately supportive mattress and pillow, with soft sheets and quilts/blankets that help regulate temperature but also feel comfortable weight wise). |
| | | Temperature control (15-19 degrees). |
| | | Noise reduction (earplugs, white noise, fans to mask disruptive sounds). |
| | | Darkness (use blackout curtains or eye masks to eliminate light). |
| | | Space free of unnecessary items (clutter can create stress and make it difficult to relax). |
| **Be mindful of your diet** | | Avoid heavy meals late in the day (can slow digestion and may lead to discomfort and frequent waking overnight). |
| | | Eat No later than 2-3 hours before bed (allows the body to transition to REM sleep more readily and helps ensure the natural circadian rhythm is not disrupted) |
| | | Avoid caffeine after 2pm (caffeine can stay in the system for several hours after consumption, also delays the release of melatonin which is a hormone that regulates sleep-wake cycles) |

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| Be mindful of your diet | | Avoid alcohol, nicotine and vaping (alcohol can damage the genes involved in healthy sleep and wake cycles and nicotine levels dropping may disrupt sleep) |
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| | | Ensure adequate hydration early in the day and reduce intake in the hours leading up to bedtime to avoid frequent waking overnight. |
| Stay active | | Aim to exercise in the morning or early afternoon (helps increase body temp and allows it to drop by bedtime, improving sleep quality). |
| | | Moderate intensity workouts a few times a week will contribute to better sleep. |
| | | Avoid overtraining (can cause physical stress and disrupt sleep). |
| | | Evening exercise like yoga or stretching can help relax your muscles and mind. |
| | | Develop a post evening yoga/stretch routine including a warm shower etc to help wind down. |
| Manage stress | | Meditation |
| | | Breathing exercises |
| | | Progressive muscle relaxation |
| | | Brain dump |
| | | Write down lists, jobs, things to remember |
| Avoid naps | | If you do nap, no more than 20-30 mins |
| | | No later than 3pm in the day |
| Limit exposure to screens before bed | | Aim for a two hour of screen free time before bed |
| | | Use night mode or reduce brightness on your screen |
| Get natural light exposure during the day | | Watch the sunset or sunrise or seek exposure to bright light after rising in the morning. |
| | | Spend time outside during the day |
| | | Limit bright light in the evening |

## Seek Professional Advice:

*Conditions like sleep apnea, or other sleep disorders may require specialised treatment.