



MY SLEEP HYGIENE WORKSHEET

Sleep Hygiene Factors		Yes	How I'll Make the Change
Dietary factors	Do you drink caffeine during the afternoon or in the evening?		
	Do you drink alcohol close to bedtime?		
	Do you smoke/use nicotine close to bedtime?		
	Do you have a lot of sugar or eat sugary snacks close to bedtime?		
Bedroom environment	Is your bedroom too cold or too warm (16C-18C centigrade is a good temperature for sleep)?		
	Do your curtains let through too much light or do you have bright lights in your room?		
	Are there noises during the night that wake you up?		
	Do you have a cluttered bedroom, making you stressed?		
Daily activity	Are your daily activity levels low or do you engage in intense exercise too close to bed?		
Clock watching	If you wake during the night, do you check the clock and calculate the time you have left to sleep?		
Screen time	Do you use a TV, computer, tablet or phone too close to sleep?		
Night-time routine	Are you going to bed straight after chores/work/TV with no 'wind down' routine first?		