

Sleep Hygiene Toolkit

A gentle, practical guide to help your mind and body settle before sleep. You don't need to do everything perfectly—small, consistent steps matter.

Evening Wind-Down Checklist

- Dim lights and reduce stimulation
- Step away from screens or use night mode
- Do something calming (reading, stretching, journaling)
- Create a comfortable, quiet sleep space
- Avoid caffeine and heavy meals late in the evening
- Write down worries or tomorrow's tasks
- Remind yourself: rest is enough

Try checking off just a few of these each night. Consistency matters more than perfection.

7-Day Sleep Reflection Tracker

Day	Bedtime	Wake Time	Sleep Quality (1-10)	Notes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Notice patterns gently—there's no need to judge your sleep, just observe it.

If You Can't Sleep...

- If awake for about 20 minutes, get out of bed
 - Go somewhere dim and quiet
 - Do something calming (avoid screens if possible)
 - Return to bed when sleepy
 - Repeat as needed — this is part of the process
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Helpful Sleep Principles (CBT-I Inspired)

- Sleep when you feel sleepy, not just when the clock says so
 - Use your bed for sleep and rest only
 - Keep a consistent wake-up time (even after a rough night)
 - Let go of trying to force sleep—it often comes when we stop chasing it
 - Remind yourself: some nights will be harder, and that's okay
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If sleep struggles continue, consider speaking with a healthcare professional. You deserve support.