



HEALTH AND WELLBEING CHECKLIST

Date

48

Sleep Hygiene Improvement

Good sleep hygiene ensures restful nights and better energy during the day. Use this checklist to improve your sleep habits.

Stick to a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day, even on weekends.
- Tip: Set an alarm for bedtime to remind yourself to wind down.



Create a Relaxing Bedtime Routine

- Engage in calming activities like reading, meditating, or stretching before bed.
- Tip: Avoid screens for at least 30 minutes before sleeping.



Optimise Your Sleep Environment

- Keep your bedroom dark, quiet, and cool for optimal sleep conditions.
- Tip: Use blackout curtains and a white noise machine if needed.



Limit Caffeine and Alcohol Intake

- Avoid caffeine in the afternoon and alcohol close to bedtime.
- Tip: Replace evening coffee with herbal tea or warm milk.



Avoid Heavy Meals Before Bed

- Finish eating at least 2-3 hours before going to sleep.
- Tip: Opt for light snacks like a banana if you're hungry late at night.



Get Exposure to Natural Light

- Spend time outside during the day to regulate your body's internal clock.
- Example: Take a morning walk or work near a window.



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Exercise Regularly

- Engage in physical activity during the day to promote better sleep.
- Tip: Avoid intense workouts close to bedtime.



Manage Stress and Anxiety

- Practice relaxation techniques like Journalling, deep breathing, or yoga.
- Tip: Write a to-do list for the next day to clear your mind before bed.



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