



# HEALTH AND WELLBEING CHECKLIST

Date 

57

## Tracking Your Sleep Quality

Monitoring your sleep quality helps identify patterns and improve overall rest. Use this checklist to create healthier sleep habits.

### Set a Regular Sleep Schedule

- Go to bed and wake up at the same time daily, even on weekends.
- Aim for 7-9 hours of sleep to support optimal health.



### Use a Sleep Tracker

- Utilise a wearable device or app to monitor sleep duration and cycles.
- Example: Apps like Sleep Cycle, Fitbit, or Oura Ring.



### Log Your Sleep Environment

- Track factors like room temperature, noise levels, and light exposure.
- Make notes about bedding comfort or changes in your setup.



### Monitor Caffeine and Alcohol Intake

- Record when you consume caffeine or alcohol and their effects on your sleep.
- Avoid stimulants at least 4-6 hours before bedtime.



### Evaluate Pre-Sleep Activities

- Note whether screen time, reading, or meditation affects your rest.
- Replace stimulating activities with calming ones an hour before bed.



### Track Night Wakings

- Record instances of waking up during the night and any known causes.
- Note if disruptions are due to noise, temperature, or other factors.





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#### Record Dreams or Disturbances

- Reflect on vivid dreams, nightmares, or other sleep disruptions.
- Include any feelings or thoughts that may have affected your sleep.



#### Assess Energy Levels

- Log how you feel upon waking-refreshed, groggy, or tired.
- Note your energy patterns throughout the day to identify trends.



#### Review Trends Weekly

- Analyse your sleep data for patterns or triggers that affect sleep quality.
- Look for correlations between habits and restful nights.



#### Make Adjustments Based on Insights

- Modify your environment or habits based on findings from your log.
- Example: Add blackout curtains if light disrupts your sleep or use a white noise machine for sound disturbances.



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