The Sleep Sheet

Below are strategies known to work for most people. These are some of the simplest and most effective things you can do to improve your sleep. But remember we're all different, and what works well for one person might not work so well for another, so think about how you can make these strategies work best for you.

We can all get hung up on 'doing sleep right', but this in itself can get in the way of getting good sleep, so use this list as a guide, rather than a set of rules that you must stick to.

How to Use the Checklist

1. **Identify what you are already doing:** Go through the list and tick everything you are already doing. There are bound to be some things you are already getting right.

2. **Decide what to work on:** Pick three things from the 'I could do better at this' list.

3. Developing new habits can be hard. Choose a mixture of **'quick wins'** (things you can change quickly and easily), and **things you can stick to**.

If you'd like to understand more about why these strategies work, or how to use them or adapt them for your own needs, head over to the contact page of my website and get in touch.

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Sleep Psychologist

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The Sleep Sheet

	I'm great at this already	I could do better at this
1. Get up at the same time each day, including weekends, even if you've had a disturbed night's sleep.	☐	☐
2. Get out into the daylight soon after you wake up.	☐	☐
3. Keep your daytime routine the same, even if you've had a poor night's sleep.	☐	☐
4. If you really need to catch up on sleep, go to bed early and get up at the same time as normal.	☐	☐
5. Exercise regularly.	☐	☐
6. Minimise caffeine, cigarettes and alcohol, especially in the evenings.	☐	☐
7. Use your bed only for sleep, not for work or catching up on social media.	☐	☐
8. Avoid large meals late in the evening, but don't go to bed hungry (have a late snack if you need to).	☐	☐
9. Have a screen curfew so you're less inclined to stay up past your planned bedtime.	☐	☐
10. Have a 30-minute wind-down bedtime routine, eg, taking a bath, reading.	☐	☐
11. Turn around any bedroom clocks so it's harder for you to check them.	☐	☐
12. Aim to go to sleep at around the same time every night.	☐	☐
13. Keep your bedroom cool, dimly lit or dark, quiet and as comfortable for sleep as possible.	☐	☐
14. Don't lie in bed awake, feeling frustrated, get up and do something relaxing until you feel sleepy.	☐	☐

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