

Healthy Sleep Checklist

Simple habits that support better sleep

Try consistently

- Keep a regular sleep and wake time.
- Get daylight and physical activity during the day.
- Keep the bedroom dark, quiet and comfortable.
- Reduce late-evening caffeine, nicotine and heavy meals.
- Limit stimulating screen use close to bedtime if it delays sleep.
- Use the bed mainly for sleep rather than prolonged work or scrolling.

Talk to a clinician if

- Loud snoring with pauses in breathing is reported.
- You have persistent excessive daytime sleepiness.
- Insomnia lasts for weeks and affects functioning.
- Restless legs, unusual movements or repeated nighttime choking occur.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.