



Sleep

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Sleep Hygiene Self-Assessment

Complete the Sleep Hygiene Self-Assessment and the corresponding reflection questions to consider steps you can take to improve your sleep hygiene and make progress towards improving the quality of your sleep.

Sleep Hygiene Technique	Infrequent to none of the time	About half of the time	Most of the time
Practices to Promote Sleep			
Stick to a sleep schedule with the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.			
Practice a relaxing bedtime ritual, such as drinking tea or using lavender essential oil.			
Exercise daily.			
Consider using blackout curtains, eye shades, ear plugs, or "white noise" machines.			
Evaluate your room. Your bedroom should be cool, free from any noise or lighting that can disturb your sleep.			
Use bright light to help manage your circadian rhythms.			
Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading.			
Practices to Avoid			
Avoid alcohol in the evening.			
Avoid eating large meals for two to three hours before bedtime.			
Avoid screen time, a half-hour before bed.			

Source: American Academy of Sleep Medicine, 2020, <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>.



Sleep Hygiene Debrief:

What areas do you believe would be easiest to make some positive changes to your sleep?

What items are the most important to address?

Is there anything you can do during the day to promote your sleep hygiene?

Please provide your feedback for this session.



Thank you for your feedback!

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