

# QUALITY SLEEP CHECKLIST

- TV off an hour before bedtime
- No phones in bed
- Read a book - something uplifting
- Journal before bed
- Avoid caffeine and alcohol
- Meditate
- Avoid sugar filled snacks before bed
- Take a cold shower one hour before bed
- Shut off all the sources of light

The more you can check off, the better quality of sleep you will achieve.