

ESTABLISHING HEALTHY SLEEP ROUTINES

Build Consistent Habits That Improve Rest And Recovery

| | YES | NO |
|------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1 Do you maintain a consistent bedtime and wake-up time, even on weekends? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Have you established a wind-down routine to help signal your body it's time to sleep? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Do you avoid caffeine, alcohol, or heavy meals in the hours leading up to bedtime? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Is your bedroom dark, quiet, and comfortably cool at night? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Have you removed electronic devices or screens from your sleeping area? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Do you engage in relaxing activities before bed, such as reading, stretching, or meditation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Have you created a sleep-friendly environment with quality bedding and minimal disruptions? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Do you get exposure to natural light during the day to help regulate your sleep-wake cycle? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 Do you limit naps during the day to avoid interfering with nighttime sleep? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Have you tracked or assessed your sleep habits to identify areas for improvement? | <input type="checkbox"/> | <input type="checkbox"/> |

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Have Built A Strong Sleep Foundation: Your routines and environment support restful sleep, enhancing your overall health and daily performance.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You've established some healthy sleep habits, but a few changes could help you achieve more consistent and restorative rest.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Poor sleep routines may be affecting your health—now is the time to prioritize better habits and create a restful sleep environment.