

# SLEEP HYGIENE

## *Essential Steps For Restorative Sleep*




	YES	NO
1 Do you maintain a regular sleep schedule, going to bed and waking up at the same time every day?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you avoid caffeine and heavy meals within four hours of bedtime?	<input type="checkbox"/>	<input type="checkbox"/>
3 Is your bedroom environment quiet, dark, and cool to promote sleep?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you use your bed only for sleep and intimacy, avoiding work or other activities?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you avoid the use of electronic devices such as smartphones and computers right before bedtime?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you engage in relaxing activities, such as reading or listening to soothing music, as part of your bedtime routine?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you eliminated the use of tobacco and alcohol, which can disrupt sleep patterns?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you get regular physical activity during the day to help you fall asleep more easily at night?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you avoid naps late in the day that might interfere with your nighttime sleep?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you consulted a healthcare provider if you have ongoing difficulties with sleep?	<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:** Excellent Sleep Practices. You have established strong habits that significantly contribute to healthy sleep patterns, enhancing your overall well-being.
-  **4–6 Yes Answers:** Moderately Effective Sleep Habits. You are practicing good sleep hygiene but could benefit from further adjustments to optimize your sleep quality.
-  **0–3 Yes Answers:** Improvement Needed. Enhancing your sleep practices is crucial for your health. Consider revising your bedtime habits and consult a healthcare provider for advice on achieving restful sleep.