

Healthy Sleep: A Quick Self-Assessment

How often do you....

Healthy Habit	Always	Sometimes	Never
Get 30 minutes of exercise during the day			
Avoid napping during the day			
Avoid caffeine after 4pm (including chocolate!)			
Keep a consistent bedtime (even on weekends!)			
Keep a consistent wake-up time (even on weekends!)			
Avoid going to bed unless you are actually sleepy			
Perform relaxing bedtime rituals			
Reduce your fluid intake before bedtime			
Avoid consuming alcohol before bedtime			
Avoid using your bed for anything other than sleep and sex (e.g., like TV, playing games on phone, etc.)			
Get out of bed if you don't fall asleep within 20 minutes			
Avoid screens (TV or phone) in the hour before your bedtime			
Avoid large meals close to bedtime			

Wherever you marked “Never” or “Sometimes,” there’s room for improvement!



The BHC can help you make a plan to improve your sleep.