HEALTHY SLEEP HABIT SCREENER

Use the healthy sleep habit questions below to determine if you have healthy sleep habits.

☐ Do you keep a consistent sleep schedule? Do you get up and go to bed at the same time every day? Even on weekends or during vacations?
☐ Do you have a set bedtime that is early enough for you to get at least 7 hours of uninterrupted sleep?
☐ Do you have a relaxing bedtime routine?
☐ Do you use your bed only for sleep and sex?
☐ Is your bedroom quiet and relaxing? Is the room set at a comfortable, cool temperature?
☐ Do you limit exposure to bright light in the evening?
☐ Do you turn off electronic devices at least 30 minutes before bedtime?
☐ Do you exercise regularly?
☐ Do you maintain a healthy diet?
☐ Do you avoid caffeine in the late afternoon or evening?
☐ Do you avoid drinking alcohol before bedtime?
☐ Do you reduce your fluid intake before bedtime?
☐ Do you avoid large, heavy meals right before bed?

If you checked off all or most of the above habits, congratulations! You have healthy sleep habits!

If you did not check most of the above habits, you may have unhealthy sleep habits that hurt your daily sleep. To improve your sleep and overall health and wellness, make changes to your sleeping habits that will help you to fall asleep easier and sleep longer consistently. Learn more about the importance of healthy sleep, appropriate amount of sleep for your age, healthy sleep habits.

If you are practicing healthy sleep habits but are still having trouble getting restful sleep, check out this Sleep Disorder Symptom Screener to check if you are having symptoms associated with common sleep disorders.