

SLEEP *checklist*

& MORNING/EVENING RITUALS



DATE (WEEK OF):	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
I woke up at (time)							
I feel well-rested (5) or not rested at all (0)							
Upon waking, I took a moment to feel grateful							
I stretched, strengthened, or moved by body in the am and pm							
I completed my morning skin ritual							
I was in the sun today (at least 10 min) and/or sat in front of SAD light for 20 minutes in the morning							
I ate a healthy breakfast/brunch (time)							
I ate a hearty, warm lunch (time)							
I took a "pause" in the afternoon (nap, legs up, meditation audio, read, etc.)							
I drank (# of) caffeinated beverages today (tea, cola, coffee) Note chocolate, as well							
I consumed (# of) alcoholic drinks today (Note the type, as well - no judgment here!)							
I had a massage or relaxation treatment or self massage (Abhyanga)							
I had a light, not-too-spicy dinner (time and what it was)							
I turned the lights down, closed the blinds, ensured the temperature was down for sleeping right after dinner							
I enjoyed warm milk or room temp water							
I had/did not have a snack before 8pm (if yes, what and when)							



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DATE (WEEK OF):	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
I used a sleep aid supplement (CALM, bedtime tea, etc.)							
I took a medication that I don't take daily (cough, cold, flu, allergy, etc.)							
I had a warm/hot bath							
I used Epsom salts and/or essential oils in my bath							
I released tension in my muscles before bed (yoga stretches, body roll, etc.)							
I put my legs up the wall or on an ottoman (inversion)							
I journaled before bed (thoughts, gratitude, etc.)							
I used a heating pad before bed							
I wore socks in bed							
I shut down social media/screens by 8 pm (note what time if not 8)							
I did not have a device in the bedroom except for sleep audios							
I used a fan/white noise							
I did some light reading (physical book or dimmed light on device)							
I watched my favourite TV show							
I did not watch news before bed							
I used a breathing technique to fall into sleep (see notes on next page)							
I used a technique to fall back into sleep when I woke up (see notes on next page)							
I went to bed by 10pm (or what time)							
I slept through the night or woke up (what time)							



NEXT



HOW TO USE THIS

checklist

& SOME KEY POINTS

- If you are having some issues sleeping right now, **try this checklist for at least 7** days (longer if you would like) to identify some "sleep snatchers."
- For Monday, write what time you got up and how you felt. Throughout the day on Monday, **check things off as you do them**. When you reflect on how you are sleeping, you are looking back at the day before. This will give you a good picture of your day as it relates to your sleep.
- Consistency with your bedtime routine AND your overall daily routine is the KEY to a good nights' sleep on a regular basis. **This checklist offers the opportunity to track your sleep/wake habits and routines**. And yes, in an ideal world, you do want to stay consistent on the weekends (at least during the time that you are having trouble sleeping). You will eventually find the weekend routine that allows you to keep sleeping well during the week, even if you need to do a little sleep-in on the weekend.
- As Dr. Andrew Weil says, "A good days waking leads to a good nights sleeping." Very often, **we think that it is what we do right before we go to bed that impacts our sleep, but it is actually more about your entire day** ... from the moment you open your eyes in the morning and set your intention for the day to the time that you put your head on the pillow.
- You can simply review the points, **highlight anything you want to focus on** or follow up with, or check in any time you have a night or two of not being able to sleep.
- Try using this checklist on a daily basis for one week and notice what arises. **Very often, you will find the culprit (sleep snatcher) within a few days**. You can do this checklist for longer, but aim for at least one week (weekend included).



NEXT

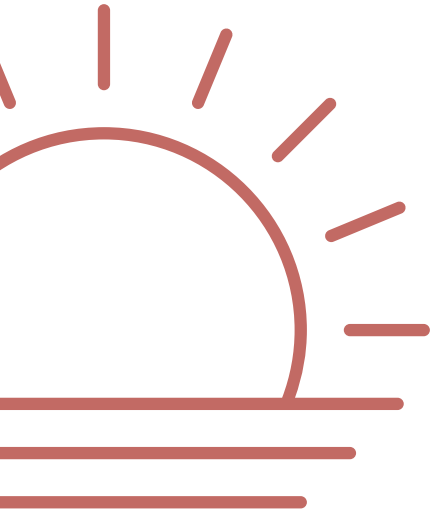


HOW TO USE THIS

checklist

& SOME KEY POINTS

Morning Notes



- As soon as your eyes open in the morning, think of or say out loud something positive (what you are grateful for and/or what you are looking forward to in the day ahead).
- You may already notice that after a few days of low light/not going outside/not exercising that your sleep is disrupted. Midday light in the winter is brighter and is very important for our melatonin production. Even if you just step outside and walk in the natural sunlight for 5-10 minutes, you will benefit. If you can do a longer walk/snowshoe/ski in the daylight, you get the benefit of the exercise and the light to increase your serotonin, which balances your melatonin for a good night's sleep.

Evening Notes (Letting Go; Wind-Down Ritual)



- Break your evening down to segments:
Right after Dinner (signal the brain that it is time to start hunkering down)
 - Finish kitchen clean up and prep for tomorrow
 - Turn lights off in the kitchen and start to turn them down around the house (if you are not going out for something like a walk or evening meeting/activity)
 - Close the blinds/curtains and turn the heat down (winter)
 - Sip on a glass of water (early evening, not too close to bedtime)
 - if you don't want to snack after dinner, brush your teeth. Or brush by 8pm so that you are less likely to snack at night



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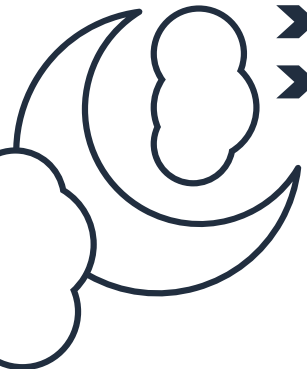
Evening Notes, cont.

Between dinner and bed (there may still be some activity).

- Look at the time and plan for your evening shut-down routine
- Watch TV/read/do crosswords/call a friend/or family member
- If you are going for a walk or doing another exercise routine, ensure that it is de-stressing and not too vigorous
- Think ahead to after your walk/exercise/TV time/housework stuff so the next phase of your evening is set and ready to go
- If you are going to have a bath, get the bathroom ready (Epsom salts, essential oil, candle), put your towel on the counter, have your music/meditation ready to go
- Get your bed ready (journal, book, yoga mat on the floor, bed turned down)
- Decide what time to shut down (for example: turning all screens off by 8/8:30)

Bedtime

- Total darkness (turn your clock away from you, cover all blue light and other lights in the bedroom)
- Consider using a white noise machine/fan/app
- Declutter your sleep space
- Lavender spray for your pillow (or a bedtime linen spray you like)
- Release the day (with breathing and release, journal, etc.)
- On the nights you don't fall asleep right away:
 1. **Follow your breath** - inhale softly and exhale to sink down with each breath
 2. **Extended exhalation** - slowly extend your exhalations until they are twice as long as your inhalations
 3. **Count down** from 100 (out loud or to yourself)
 4. **4, 7, 8 breath** - Inhale for 4 counts, pause for 7 counts, exhale for 8 counts



Evening Notes (cont.)

If you wake up during the night:

- Follow the bedtime sequence again
- Calm yourself by reminding yourself that you are still getting rest (even if you are not asleep) and that tomorrow will be just fine
- If you're still not back to sleep after 20-30 minutes, consider getting up. Keeping the lights low, have some warm milk, 1/2 of a banana, or whatever works for you, then return to bed and follow the bedtime sequence

Write down any "ah-has" or areas
you want to follow up with next week:



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