

Use this checklist to improve the quality of sleep you get each night

Set a regular bedtime and stick to it, give or take half an hour	<input type="checkbox"/>
Exercise regularly during the day	<input type="checkbox"/>
Have the right amount of sunlight exposure each day, at least 30 minutes early in the day	<input type="checkbox"/>
Do not nap, especially after 3:00pm	<input type="checkbox"/>
Complete your homework earlier in the evening, so you can relax in the evening	<input type="checkbox"/>
Share your worries with someone you trust or keep a diary and write them down	<input type="checkbox"/>
Avoid stimulants such as tea, coffee, chocolate, late food, alcohol, drugs, and soft drinks with high caffeine levels	<input type="checkbox"/>
Unwind in the evening by keeping the lights low	<input type="checkbox"/>
Have good curtains that keep your bedroom dark, keep the temperature of your bedroom cool	<input type="checkbox"/>
Get your bedroom ready for bedtime. Tidy so it feels relaxing and make your bed so you're comfortable. Change your bed linen regularly and keep it fresh	<input type="checkbox"/>
Plan something relaxing before you go to bed - a nice warm bath is great	<input type="checkbox"/>
Avoid watching anything stimulating, scary or exciting before you go to bed	<input type="checkbox"/>
Avoid using the phone/tablet, texting, playing computer games or watching TV in bed or the hour before bedtime	<input type="checkbox"/>
Try not to clock watch in bed, if you're struggling getting to sleep, try a relaxation technique	<input type="checkbox"/>
If you must have sound in the background, play something soft and relaxing like natural sounds or gentle music	<input type="checkbox"/>