

# Sleep Great IU! Challenge

## Healthy Sleep Environment Checklist

This checklist will help you make your sleep environment as healthy as possible. Try to check off as many items on the checklist as you can! Consult your primary care provider if you have difficulty sleeping 3 or more days in a seven-day week over a 3 month period.

<b>My bedroom is . . .</b>	
<b>Dark:</b> Keep your bedroom as dark as possible. Use blackout curtains or a sleep mask if necessary.	
<b>Quiet:</b> Keep your bedroom quiet and free of disruptive noises. You can drown out noise with a fan or sound machine, or wear earplugs.	
<b>Cool:</b> Keep your room temperature cool, yet comfortable. Avoid excessive clothing or coverings.	
<b>Relaxing:</b> Keep electronic devices and cell phones out of the bedroom. Use your bed only for sleep and sex.	
<b>Not crowded:</b> Avoid unnecessary sleep partners, such as pets or children. Co-sleep only with another adult.	



LIVE YOUR BEST YOU.