

Sleep Great IU! Challenge

Bedside Log



Directions: Mark the box for each date that you complete a healthy sleep habit, starting with Week 1. Each week, 2 new sleep habits will be added — complete these in addition to the habits you’ve already started! Try to complete each habit at least 5 times a week.

	Week 1							Week 2							Week 3							Week 4							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
Week 1																													
I got at least 7 hours of sleep. <i>(Mark the box of the day you went to sleep.)</i>																													
I kept my bedroom dark, quiet, and comfortable.																													
Week 2																													
I avoided using my smartphone, computer, TV, and other devices for at least 60 minutes before going to sleep.																													
I avoided exposing my eyes to bright light for at least 60 minutes before going to sleep.																													
Week 3																													
I ate healthy meals throughout the day and avoided having my largest meal before bedtime.																													
I engaged in at least 30 minutes of moderate activity or 15 minutes of vigorous activity.																													
Week 4																													
I avoided consuming caffeine within 4 hours of going to sleep.																													
I avoided consuming alcohol within 3 hours of going to sleep.																													

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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.

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