



SLEEP HYGIENE

A softer landing.

Less bedtime perfection. One realistic adjustment.

Choose one habit to try: a reasonably consistent sleep schedule, a quieter wind-down, or a dark, quiet, comfortable sleep space. Adapt to shifts, caregiving, and health needs.

01 What does my real evening look like?

Name the demands and barriers, without blaming yourself.

02 Pick one change I can actually influence.

Which habit fits my circumstances? What supplies, help, or boundary would make it possible?

03 Make a flexible landing plan.

What is my wind-down cue? What is the shorter version on a busy evening?

IF SLEEP STILL DOES NOT COME

A nonjudgmental reminder I can use: rest is not a test I have to pass.



SLEEP HYGIENE

Morning, without the grade.

Notice the night. Do not turn it into another scoreboard.

A brief reflection is enough. Persistent sleep problems, loud snoring or gasping, or daytime sleepiness are reasons to discuss sleep with a health care professional. Do not drive when sleepy.

01 What made space for rest last night?

Consider your environment, routine, support, or circumstances.

02 What got in the way, and what needs support?

Separate a habit you can influence from demands you cannot simply switch off.

03 What might I adjust next time?

Choose one modest change, or decide to keep the plan as it is.

A QUESTION FOR MY PROVIDER

A sleep concern or pattern I would like help understanding:

Further reading: NHLBI: Healthy Sleep Habits
<https://www.nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits>