 **Sleep Audit**

It is important to set up ideal conditions to help you sleep. The following have been proven to aid sleep. Rate honestly how often you do each one.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| I go to bed at a similar time most days | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I reduce my energetic activity at least 1-2 hours before bed | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I eat my last meal/snack at least 2 hours before bed | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I sleep in the dark (or with a small night light) | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I avoid using screens 1 hour before bed | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I avoid caffeine before bed (ideally 6 hours before) | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| My room is generally a cool temperature | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| My room is generally quiet at night | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| My room is clean | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I wake up at a similar time most days | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I dim the lights before I try to sleep | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I read or listen to a book/calming music before I try to sleep | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I feel comfortable in bed (good mattress, favourite toy) | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| I avoid looking at a clock at night | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |
| My devices are outside of my bedroom at night | | | | |
| All / most of the time | Quite often | Half the time | Not that often | Never |