



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SLEEP ENVIRONMENT CHECKLIST

Try to check off as many items on the checklist as you can!

**CHILDREN**      **ADULTS**



Keep room as dark as possible		
Use low lighting		
Block outside light		
Limit screen light		



Turn off phone sound		
Pick the right alarm		
White noise sound buffer or earplugs		



Comfortable room temperature		
Feel of bedding and pillow		
Size and firmness of mattress		



Maintain the air quality (open windows, use an air filter, etc.)		
Try aromatherapy		
Regulate humidity		



Have a notebook by your bed to write down worries		
Write a to-do list before bedtime		