

Look to see where you can improve your sleeping habits. The more checkmarks, the better the chance for getting a good quality sleep.

Check all those that apply	✓
1. I have black out drapes or dark coverings on my bedroom windows to block out all external light including moonlight.	
2. I have removed or covered up all internal sources of light including, <ul style="list-style-type: none"> <li>- digital alarm clocks and watches</li> <li>- battery chargers and power lights on electronic devices</li> <li>- night lights</li> </ul>	
3. There is no TV in the bedroom.	
4. The temperature in my bedroom is cool, between 16-17° C, or 65-68° F.	
5. There is good ventilation in the room.	
6. I cover up external noises with ear plugs or a white noise device, (e.g. fan).	
7. My bed is not more than 10 years old.	
8. I do not use a down-filled comforter on my bed.	
9. My bedroom is a calm place and I avoid holding arguments there.	
10. I notify my family and friends as to my sleep and shift schedule.	
11. My family knows not to disturb my sleep period, especially in the first 4 hours.	
12. I stick to a consistent sleep time schedule.	
13. I follow a consistent pre-sleep routine such as reading or having a warm bath.	
14. I sleep on my side, not on my back or stomach.	
15. If I can't fall asleep, I get out of bed rather than toss and turn.	
16. I stop having caffeine at least 6 hours before bedtime.	
17. I have a blue light filter on all of my backlit LED devices (phone, tablet, laptop, etc.).	
18. Pets are not allowed in the bedroom.	
19. I make sure to sleep or have a nap the same day as my first night shift (as opposed to staying up all day and then reporting to night shift).	
20. There is no reason to suspect that I or anyone else in my home has a sleep disorder.	