



SWEET DREAMS CHECKLIST

NAP TIME

AIM FOR 20-30 MINUTES

- FAMILY AWARE THAT YOU'RE NAPPING
- INTENTIONAL NAP SPACE
- SET AN ALARM

NIGHTTIME

AIM FOR 8 HOURS

- QUIET
- DARK
- COMFORTABLE

GOOD SLEEP PREP

- BRIGHT LIGHT IN THE MORNING
- LIMIT CAFFEINE TO THE AM
- DAYTIME EXERCISE
- AVOID ALCOHOL IN THE EVENING
- LIMIT FLUIDS 90 MINUTES BEFORE BED
- TURN OFF ELECTRONICS 2 HOURS BEFORE BED

MY BEDTIME RITUAL

_____ MINUTES BEFORE BED, I SIGNAL MY BODY THAT SLEEP IS COMING BY _____

THIS HELPS ME FEEL _____

AND READY FOR SLEEP.



THRIVE
PHYSICAL THERAPY

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