

Student Sleep Hygiene Checklist

A one-page nightly checklist to spot which habits are working against your sleep.

Name: _____ Week Of: _____ Target Bedtime: _____

1. Screen Curfew & Bedroom Environment

- ☐ Phone/tablet/laptop switched off or put away 30-45 minutes before bed
- ☐ Phone charges outside arm's reach from the bed overnight
- ☐ Bedroom lights dimmed in the last hour before sleep
- ☐ Room is cool, dark, and reasonably quiet at bedtime

2. Caffeine & Evening Habits

- ☐ No tea, coffee, or cola after late afternoon
- ☐ No heavy meals within 2 hours of bedtime
- ☐ Homework and revision wrapped up well before the wind-down window

3. Wind-Down Routine

- ☐ Did something calm and non-academic in the last 15-20 minutes (light reading, stretching)
- ☐ Avoided emotionally intense content (arguments, stressful news, intense shows) right before bed
- ☐ Tomorrow's essentials (bag, uniform, water bottle) laid out ahead of time to avoid a rushed morning

4. Consistent Schedule

- ☐ Went to bed within about an hour of my usual bedtime
- ☐ Woke up within about an hour of my usual wake time
- ☐ Weekend bedtime/wake time didn't swing wildly from weekday schedule

5. Tonight's Score Guide

Checked Tonight	What It Means
Most boxes checked	Good sleep hygiene — keep this routine going
About half checked	A few quick wins available — pick 1-2 to fix this week
Few boxes checked	Sleep is likely being sacrificed first — revisit your evening schedule