

# Sleep Interventions

Please take the time to carefully fill out this chart.

Intervention	Check	Comments about specific goal
Physical Environment		
Turn off all lights when going to sleep		
Change lights remaining on in sleeping area to red-light or non-blue light		
Adjust electronic devices off of blue light for night use		
Regulation of room temperature		
Ear plugs		
Eye mask		
Aromatherapy: Use of lavender or damask rose extract		
Sleep with phone away from bed		
Set phone to “sleep mode” each night		
Turn off all non-essential notifications for phone apps		
Activity considerations		
Set a consistent time to go to bed, set a phone alert for this time		
Set a consistent time to wake up		

Avoid day time napping		
No caffeine for at least 6 hours before bed		
No alcohol or no alcohol for at least 3 hours before bed		
Work out for at least 20 minutes during day, at least 1 hour before bed		
No use of blue light electronics (phone, tablet, computer) at least 1 hour before bed		
Start a routine that excludes electronics for consistent approach to bedtime		
Relaxation techniques		
Pre-bed muscle relaxation, body scan		
Sleep yoga		
Sleep focused meditation		
No going to bed feeling stressed, angry, upset or nervous. Resolve feelings before getting into bed.		
No thinking, planning, or worrying in bed.		
Other		

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