

PRE-SLEEP CHECKLIST

<i>• I've done everything I can to ensure I won't be woken by noise.</i>	
<i>• I have ear-plugs if necessary.</i>	
<i>• The other people in my house know I'm going to sleep.</i>	
<i>• My room is not too hot or too cold.</i>	
<i>• My curtains or blinds are closed.</i>	
<i>• Bright lights are off.</i>	
<i>• All my screens are off.</i>	
<i>• If I am using my phone as a clock, it's on silent or sleep.</i>	
<i>• My phone/clock is positioned where I won't see it.</i>	
<i>• I feel safe in my room.</i>	
<i>• I have a drink of water beside my bed.</i>	
<i>• I've made sure I'm not hungry.</i>	
<i>• I've put any work away tidily and out of sight.</i>	
<i>• I've got my things ready for tomorrow morning.</i>	
<i>• I've done my pre-bed routine.</i>	
<i>• I've done my best to wind-down and feel relaxed.</i>	
<i>• I've washed and done my teeth and got into my nightwear.</i>	
<i>• I've said good night.</i>	
<i>• I'm in bed!</i>	