



Sleep Matters

Checklist & Tracker

TIPS & TOOLS TO
SUPPORT A
BETTER NIGHT'S
SLEEP

WHY SLEEP MATTERS

How it helps

Sleep is your body's nightly reset button. During sleep, important repair and rebalancing go on behind the scenes. Whether you're chasing more energy, better moods, or stronger health habits, it all starts with sleep.

Why Sleep Matters

Quality sleep can help:

- Support workout recovery
- Boost your immune system
- Balance hormones
- Support a healthy metabolism and blood sugar
- Improve mood, focus, and mental clarity

On the flip side, not sleeping well can lead to:

- Higher stress
- More cravings
- Sluggish recovery
- Brain fog, irritability, & low energy
- A higher risk of long-term health issues



How to Use This Toolkit

1. Start with the checklist to build an evening wind-down routine.
2. Use the tracker to log your sleep for 14 days.
3. Reflect on your patterns and make adjustments as needed.

You'll be amazed at what a few tweaks can do. Better sleep is on its way!

SLEEP SMARTER

Checklist

Good sleep hygiene leads to better sleep. Use this simple checklist to help you build healthy sleep habits:

Evening Routine



- Dim lights two hours before bedtime
- Avoid screens for one hour before bed
- Eat a lighter dinner (at least 2-3 hours before bed)
- Have a winding down ritual (herbal tea, warm bath, etc.)

Bedroom Environment



- Keep room cool (65-68°F)
- Keep room dark (sleep masks & blackout curtains can help!)
- Keep room quiet (use white noise machine if needed)
- No screens in the bedroom

Daily Habits



- Get morning sunlight
- Move your body daily
- Practice stress relief (journaling, meditation, breathwork, etc.)
- Avoid caffeine after 2pm

Tip: Track sleep patterns in a journal or [app](#) for insights.



14-DAY SLEEP

Tracker

DAY	DATE	BEDTME	WAKE TIME	TOTAL HOURS	QUALITY
1					☆ ☆ ☆ ☆ ☆
2					☆ ☆ ☆ ☆ ☆
3					☆ ☆ ☆ ☆ ☆
4					☆ ☆ ☆ ☆ ☆
5					☆ ☆ ☆ ☆ ☆
6					☆ ☆ ☆ ☆ ☆
7					☆ ☆ ☆ ☆ ☆
8					☆ ☆ ☆ ☆ ☆
9					☆ ☆ ☆ ☆ ☆
10					☆ ☆ ☆ ☆ ☆
11					☆ ☆ ☆ ☆ ☆
12					☆ ☆ ☆ ☆ ☆
13					☆ ☆ ☆ ☆ ☆
14					☆ ☆ ☆ ☆ ☆

NOTES:

