



Sleep Hygiene Calm List

Sleep hygiene is “a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness,” as defined by the National Sleep Foundation. In the table below are a few calming strategies to consider adding to your sleep routine. Check off ones you already do, choose new strategies to try, or add your own, and find yourself on your way to restful sleep!

Calming Strategy	Already Do	Would Like to Try
Take a warm bath or shower		
Drink decaf herbal tea		
Light stretching or yoga		
Meditate		
Journaling		
Read a light book		
Pray		
Practice gratitude		
Listen to calm music		
Diffuse essential oils		
Deep breathing		