

Checklist to Create a Sleep-Conducive Lifestyle

1. Drink at least a half gallon (2L) of water a day
2. Stay active, exercise at least four days a week, and sit for less than eight hours a day
3. Stop drinking caffeine after noon
4. Don't have alcohol within four hours of going to sleep
5. Remove as many stressors as possible from your life
6. Get rid of, or cover, any lights in your bedroom so that they're not shining while you're asleep