

## Sleep Support Checklist

Healthy sleep is not about perfection; it's about creating small, supportive habits that help your mind and body feel safe enough to rest. Use this checklist as a gentle guide to improve your evening routine and support deeper, more restorative sleep.

*“Rest is not something you earn; it is something you deserve.”*

### Create a Calming Evening Environment

- Dim lights 1–2 hours before bed
- Keep your sleep space cool, quiet, and comfortable
- Reduce noise or use calming sounds if helpful
- Avoid overstimulating TV or social media late at night
- Use soft lighting, candles, or calming scents

### Support Your Nervous System

- Take slow, deep breaths before bed
- Try gentle stretching or light movement
- Journal racing thoughts instead of carrying them to bed
- Practice grounding or mindfulness exercises
- Remind yourself that rest is productive and healing

### Build Supportive Sleep Habits

- Try to go to bed around the same time each night
- Reduce caffeine later in the day
- Avoid large meals immediately before sleep
- Limit phone use in bed when possible
- Create a consistent bedtime routine

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*“Support for rebuilding life with clarity, balance, and confidence.”*

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### Gentle Self-Check-In

- How does my body feel right now?
- What would help me feel calmer tonight?
- What can I let go of until tomorrow?
- Have I been compassionate with myself today?

Better sleep often comes from small, consistent changes; not pressure or perfection. Take what helps, leave what doesn't, and allow yourself to move at your own pace.

*Kristen Maie*

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