

DTDF Essentials Sleep Hygiene Checklist

Support better sleep and mental clarity | May 30, 2025

- Limit screen time at least 1 hour before bed.
- Avoid caffeine and heavy meals in the evening.
- Keep your bedroom dark, cool, and quiet.
- Follow a consistent sleep schedule—even on weekends.
- Use a sleep mantra or calming affirmation.
- Try a guided meditation or sleep story app.
- Avoid checking your phone if you wake up during the night.
- Journal your worries before bed to clear your mind.
- Use soft lighting in your evening routine.
- Try mental health gadgets like Apollo Neuro or Dodow for nervous system support.