Sleep-Routine Foundation Checklist

An occasional review tool. Mark each area Ready, Revise, or Seek help. Do not total the results into a score.

Schedule fit

■ Real obligations and constraints are accounted for.

■ Enough opportunity for sleep is protected.

■ A shorter plan exists for disrupted evenings.

Status: ■ Ready ■ Revise ■ Seek help

Evening transition

■ A simple wind-down cue is identifiable.

■ The routine does not depend on perfection or clock checking.

■ Relevant caffeine, alcohol, meals, and activities are considered.

Status: ■ Ready ■ Revise ■ Seek help

Bedroom conditions

■ Light, noise, and comfort have been considered.

■ Safety alerts, access, and household needs remain supported.

■ No product is treated as a medical treatment.

Status: ■ Ready ■ Revise ■ Seek help

Daytime and fatigue safety

■ Excessive sleepiness is taken seriously.

■ A safer alternative exists for unsafe driving or hazardous work.

■ Shift or caregiving constraints are recognized.

Status: ■ Ready ■ Revise ■ Seek help

Tracking and privacy

■ Only useful observations are recorded.

■ Tracking can stop if it increases anxiety.

■ App/device privacy settings are understood.

Status: ■ Ready ■ Revise ■ Seek help

Health and referral boundaries

■ Persistent or worsening symptoms are not self-diagnosed.

■ Medication changes are discussed with a clinician.

■ The appropriate source of help is identified.

Status: ■ Ready ■ Revise ■ Seek help

Most important unresolved concern: _____

One next step / appropriate support: _____

Review after a meaningful schedule or health change, not every night.

Safety boundary: Do not drive or perform hazardous tasks while too sleepy to do so safely. Persistent or function-limiting symptoms warrant qualified evaluation. This worksheet is educational, not diagnostic.