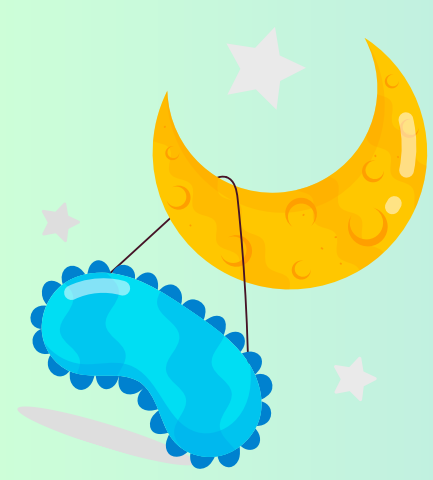




BEDROOM

CHECK LIST

GOAL: TRANSFORM YOUR BEDROOM INTO A SLEEP-FRIENDLY SPACE.

INSTRUCTIONS: GO THROUGH THIS CHECKLIST AND MAKE IMPROVEMENTS TO YOUR BEDROOM. A SLEEP SANCTUARY CAN MAKE ALL THE DIFFERENCE IN YOUR SLEEP QUALITY.

Check list item		
Is the room cool (below 68°F / 20°C)?	Yes ☐	No ☐
Is the room dark (blackout curtains, shades)?	Yes ☐	No ☐
Is there minimal noise (white noise or earplugs)?	Yes ☐	No ☐
Are electronics removed from the bedroom?	Yes ☐	No ☐
Is the bed comfortable (mattress, pillow support)?	Yes ☐	No ☐

BONUS TIPS:

- CONSIDER A FAN OR WHITE NOISE MACHINE FOR ADDED COMFORT.
- INVEST IN BLACKOUT CURTAINS IF NECESSARY.

