



THP Sleep Hygiene Checklist

“Sleep is like a performance enhancing drug”

The Evening Routine

1. Create a Sleep Routine

Why it matters: Your brain expects patterns — like a rhythm to your day. Going to bed and waking up at the same time is its first pattern and trains your brain to expect rest, improving sleep quality and recovery.

2. Downregulate Before Bed

Why it matters: Switching from up-regulating activities (emails, work, bright screens) to calm, low-light practices helps your body and mind shift from “go mode” to “rest mode.”

3. Limit Light and Stimulating Visuals

Why it matters: Especially avoid the night-time news. The news often generates headlines that scare, alarm, and heighten anxiety. This offers very little value to you — especially before bed.

4. Caffeine Curfew

Why it matters: Caffeine has a half-life of 6 hours. If you consume it at 3pm, by 9pm half the caffeine is still coursing through your veins, making it hard to get to sleep and stay asleep.

5. Create a Relaxation Trigger

Why it matters: A simple habit — herbal tea, light stretching, or a few minutes of breathing exercises — signals to your brain that sleep is coming, speeding up your wind-down.





“We spend a third of our lives in bed, we might as well be asleep”

The Sleep Environment

6. Keep Your Room Cool

Why it matters: A drop in core temperature is a natural part of falling asleep. A cool bedroom (around 18°C) supports that process and helps you stay asleep longer.

7. Darken the Room Completely

Why it matters: Even small amounts of light can interfere with melatonin production. Blackout curtains or an eye mask can make a big difference.

8. Reduce Noise

Why it matters: Unpredictable noise — phones, movement, neighbours — can wake you from deep sleep stages. Engineer your space to reduce as much sound as possible.

9. Optimise Your Sleep Surface

Why it matters: Your mattress, pillows, and bedding directly affect comfort, spinal alignment, and temperature regulation — all essential for uninterrupted sleep. Invest in the environment where you spend at least a third of your life!

10. Reserve the Bed for Sleep

Why it matters: Using your bed for work, scrolling, or TV weakens the mental link between “bed” and “rest.” Keep it a place your brain associates only with sleep (and intimacy).

