

Sleep Keeps Me Healthy



**Healthy**  
Sleep Habits

Sleep Keeps Me Healthy

**Unhealthy**  
Sleep Habits



**I drink soda  
or coffee  
before  
bedtime**

**I meditate or  
think of calm  
places before  
bedtime**

**I use my  
phone or  
tablet in my  
bedroom**

**I eat a  
large meal  
before  
bedtime**

**I stretch  
my body  
or practice  
yoga before  
bedtime**

**I try to go to  
bed at the  
same time  
every night**

**I read  
something  
enjoyable  
before  
bedtime**

**I play video  
games or  
watch TV  
before  
bedtime**

**I play soft  
music and  
breathe  
deeply before  
going to bed**

**I play  
loud music  
before going  
to bed**

**I take a warm  
bath or shower  
to relax before  
bedtime**

**I use my  
phone or  
tablet within  
an hour before  
going to sleep**

**I keep the  
lights on  
before going  
to bed**

**I sit quietly  
and relax  
for at least  
30 minutes  
before  
bedtime**

**I turn off  
the lights  
before going  
to bed**

**I run around  
the house  
before going  
to bed**

**I get into  
arguments  
before  
bedtime**

**I think about  
the good  
things that  
happened in  
my day**