



The Sleep-Supportive Bedroom Checklist™

Review your sleep space and choose one change that feels realistic.



LIGHT

- ☐ The room becomes dark enough for sleep.
- ☐ Bright clocks and device lights are covered or dimmed.
- ☐ Morning light can reach me after waking.



SOUND

- ☐ Unexpected noise is reduced when possible.
- ☐ A fan, earplugs or steady sound is available if helpful.
- ☐ Important sounds, such as alarms, can still be heard.



TEMPERATURE & AIR

- ☐ The room feels comfortably cool.
- ☐ Bedding and sleepwear can be adjusted easily.
- ☐ Airflow feels comfortable and fresh.



COMFORT

- ☐ My pillow supports my usual sleep position.
- ☐ Sheets and blankets feel comfortable on my skin.
- ☐ Items I may need overnight are within easy reach.



NIGHTTIME DISTRACTIONS

- ☐ Work, bills and unfinished projects are out of sight.
- ☐ My phone has a designated nighttime place.
- ☐ Pets are not regularly disrupting my sleep.
- ☐ The bed is mainly associated with sleep and rest.



ONE CHANGE TO TRY

Tonight I will: _____



GENTLE REMINDER

You do not need a perfect bedroom. A few supportive details can make your sleep space feel calmer and easier to use.



Martine's Midlife Wellness Tip

Start with the problem that wakes or bothers you most instead of changing everything at once.