

USC Center for Work & Family Life

Bedside Check List

Keep these items by your bed for easy access in case you wake up unexpectedly, so you can easily slip back into sleep!

- Water bottle
- Lotion (chamomile or lavender scents can also help you sleep)
- Lip balm
- Tissues
- Nasal spray
- Advil or Tylenol
- Night light
- Post-its & pen (in case you remember something urgent!)
- Eyemask & earplugs
- Relaxing reading materials

Basic Sleep Hygiene:

Healthy sleep habits are referred to as "sleep hygiene." Here's how to prepare yourself for sleep:

- Try and stick to a regular schedule (wake and sleep times)
- Keep the bed for sleeping (avoid paperwork, phone, tv, etc.)
- Set up the bedroom: adjust temperature, bedding, pillows
- Try to shut out bedroom distractions such as noise and light
- Avoid taking naps longer than 30 min. or in the evening
- Have a light snack
- Exercise routinely, but not close to bedtime
- De-stress and relax (try activities like yoga or meditation)
- If considering sleep medication, consult a doctor first