



Petal & Paper

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Sleep hygiene checklist



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B E T T E R S L E E P T O N I G H T

sleep hygiene

Same wake time every day · ☐ Even weekends — the most important habit

No screens 60 mins before bed · ☐ Phone out of bedroom if possible

Room temperature 16–18°C · ☐ Cool room = deeper sleep

No caffeine after 2pm · ☐ Half-life of caffeine is 5–6 hours

No alcohol within 3 hours · ☐ Alcohol disrupts sleep quality

Wind-down routine · ☐ Same activities in same order

Dark room · ☐ Blackout blinds or eye mask

Bed for sleep only · ☐ No working or scrolling in bed

C O N S I S T E N C Y O V E R P E R F E C T I O N — O N E
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