

Sleep Hygiene Checklist for IT Professionals:

Daily:

- Consistent sleep schedule: Go to bed and wake up around the same time every day, even on weekends.
- Create a relaxing bedtime routine: Wind down with calming activities like reading or taking a warm bath.
- Optimize your sleep environment: Dark, quiet, and cool room.
- Avoid caffeine and alcohol before bed.
- Get regular exercise, but not too close to bedtime.
- Limit daytime naps to 30 minutes.
- Expose yourself to natural light during the day.

Weekly:

- Review your sleep patterns and make adjustments as needed.
- Practice relaxation techniques (meditation, deep breathing) regularly.