

Sleep Anxiety Relief Checklist

If you're struggling with **sleep anxiety**, small, consistent steps can make a big difference. Use this checklist to build calmer, more confident nights:

Before Bed:

- ☐ Stick to a set bedtime and wake-up schedule, even on weekends.
- ☐ Turn off all screens at least 30–60 minutes before bed.
- ☐ Dim the lights to cue your body for rest.
- ☐ Practice deep breathing or mindfulness to **calm your mind before bed**.
- ☐ Take magnesium (if approved by your doctor) — it may help with **sleep and anxiety**.
- ☐ Use light stretching, journaling, or meditation as **relaxing sleep routines**.
- ☐ Avoid caffeine or heavy meals within 3 hours of bedtime.

Environment:

- ☐ Keep your bedroom cool, quiet, and dark.
- ☐ Reserve your bed for sleep only — no scrolling, emails, or work.
- ☐ Use comfortable bedding and a supportive pillow.
- ☐ For **CPAP users**, check mask fit, humidity levels, and comfort before lying down.

Mindset & Support:

- ☐ Remind yourself that rest is still restorative, even if you don't fall asleep right away.
- ☐ Try gentle self-talk: "It's okay to rest; sleep will come."
- ☐ Talk to a sleep specialist if **trouble falling asleep due to anxiety** continues.

- ☐ Explore **Shutize's CPAP comfort tips** if your anxiety is linked to therapy discomfort.