

Sleep-Friendly Bedroom Checklist

A free sleep-friendly bedroom checklist printable for reducing light, noise, temperature friction, clutter, phone pull, and low-energy bedroom setup barriers.

Reduce light friction

The brightest light source to soften or block is:

Notes: _____

The device light to cover or move is:

Notes: _____

The curtain, shade, or eye-mask note is:

Notes: _____

Lower noise and temperature friction

The noise source that most often interrupts rest is:

Notes: _____

The white-noise, fan, or earplug option to test is:

Notes: _____

The bedding or airflow change to try is:

Notes: _____

Reset the landing zones

The bedside clutter to remove is:

Notes: _____

The floor or laundry landing zone to reset is:

Notes: _____

Tomorrow's first item to place outside the bed is:

Notes: _____

Create the low-energy version

The one bedroom change that still counts is:

Notes: _____

The phone parking spot is:

Notes: _____

The seven-day review note is:

Notes: _____

Related guide: <https://ahealthyworld.info/blog/sleep-friendly-bedroom-checklist>

For personal educational use only. This is not medical advice.