

# Sleep Hygiene Self-Assessment Scorecard

Score your current sleep habits and identify what's costing you the most rest

Poor sleep is the single fastest way to degrade your parenting, your patience, your decision-making, and your health. Most parents accept bad sleep as inevitable. It isn't. Score yourself honestly below, then target the lowest-scoring areas first.

Score each item: 0 = Never/Rarely, 1 = Sometimes, 2 = Usually, 3 = Always/Daily

## Sleep Timing & Consistency

Score: \_\_\_ / 3

I go to bed within 30 minutes of the same time each night

    

I wake up within 30 minutes of the same time each morning (including weekends)

    

I'm in bed with lights out for at least 7.5 hours per night

    

I avoid sleeping in more than 30 minutes on weekends

    

## Light Environment

Score: \_\_\_ / 3

I get bright light exposure within 30 minutes of waking

    

I dim lights in my home at least 1 hour before bed

    

My bedroom is completely dark (blackout curtains, no LEDs)

    

I avoid screens for at least 30 minutes before sleep (or use blue-light blockers)

    

## Temperature & Physical Environment

Score: \_\_\_ / 3

My bedroom is cool (65–68°F / 18–20°C)

    

My mattress and pillows are comfortable and supportive

    

My bedroom is quiet or I use white noise consistently

    

I reserve my bed for sleep and intimacy only (no work, no scrolling)

    

## Pre-Sleep Routine

Score: \_\_\_ / 3

I have a consistent wind-down routine (15–30 minutes minimum)

    

I avoid caffeine after noon (or at least 8 hours before bed)

I finish eating at least 2–3 hours before bed

I avoid alcohol within 3 hours of bedtime

**Stress & Mental Wind-Down**

Score: \_\_\_ / 3

I have a way to offload racing thoughts before bed (journal, list, brain dump)

I avoid checking email, news, or social media in the last hour before bed

I practice some form of relaxation (breathing, stretching, reading)

If I wake at night, I have a strategy to return to sleep without screens

## Scoring Guide

**50-60 POINTS**

Excellent sleep hygiene — maintain it

**40-49 POINTS**

Good foundation — a few tweaks could make a big difference

**30-39 POINTS**

Significant room for improvement — pick 2-3 areas to fix

**BELOW 30**

Your sleep habits are actively working against you — prioritize this

My total score: \_\_\_\_ / 60

### My Top 3 Sleep Fixes

Which three items scored 0 or 1 and would make the biggest difference if you fixed them?

Fix #1

\_\_\_\_\_  
\_\_\_\_\_

Fix #2

\_\_\_\_\_  
\_\_\_\_\_

Fix #3

\_\_\_\_\_  
\_\_\_\_\_

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**THE #1 SLEEP FIX**

If you only fix one thing, make it consistent wake time. Anchoring your wake time — even on weekends — does more for sleep quality than any supplement, app, or mattress upgrade.

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