



## Bedroom Environment Checklist

 PM	 Notes
<input type="radio"/> Temperature set between 60–70°	
<input type="radio"/> Noise kept to a minimum	
<input type="radio"/> Lights off, use blackout curtains or sleep mask	
<input type="radio"/> Clean sheets/covers that are comfortable	
<input type="radio"/> Make the bed before getting in	
<input type="radio"/> Pleasant aroma, such as lavender	