



Name: _____ Date: _____

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