

# THE WATERED GRASS SLEEP ENVIRONMENTAL ASSESSMENT

## After Dinner

### SMELL

- I AVOID CHEMICAL SMELLS, LIKE CLEANING PRODUCTS OR NAIL POLISH

### SOUND

- I LOWER THE VOLUME ON MUSIC OR TELEVISION

### TASTE

- I'M DONE EATING AT LEAST AN HOUR BEFORE BED
- I'VE CONSIDERED ALL SUPPLEMENTS I TAKE AND THE IMPACT THEY CAN HAVE ON SLEEP

### SIGHT

- I DIM LIGHTS AFTER DINNER
- I'M OFF OF ELECTRONICS AT LEAST 30 MINS BEFORE BED

### TOUCH

- THE ROOM IS A COOL TEMPERATURE
- I HEAT UP TO COOL DOWN

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## In the Bedroom

### SMELL

- IF I'M SMELLING SOMETHING, IT'S A RELAXING SMELL LIKE LAVENDER, CHAMOMILE, OR PATCHOULI

### TASTE

- I AVOID OVER-THE-COUNTER SLEEP MEDICATIONS UNLESS IT'S UNAVOIDABLE

### TOUCH

- MY BEDDING IS BREATHABLE AND COMFORTABLE
- MY PAJAMAS ARE BREATHABLE AND COMFORTABLE

### SOUND

- I CANNOT HEAR DISRUPTIVE OUTDOOR OR APPLIANCE NOISES
- ANY MUSIC IS FREE OF LYRICS, SUCH AS INSTRUMENTALS OR AMBIENT NOISE
- MY PHONE IS ON SILENT OR DO-NOT-DISTURB

### SIGHT

- MY CURTAINS OR SHADES BLOCK OUT ALL OUTSIDE LIGHT
- ELECTRONIC SCREENS ARE BLOCKED OR TURNED AROUND