

Sleep Optimization Checklist

Every evidence-based sleep lever: environment, timing, light, substances, routine

Evidence-Based Sleep Optimization

Sleep is the single most underrated longevity intervention. Poor sleep accelerates biological aging, impairs metabolic health, and increases all-cause mortality risk. This checklist covers every evidence-based lever.

ENVIRONMENT

- Bedroom temperature: 65-68F / 18-20C
- Complete darkness — blackout curtains or sleep mask
- Quiet or consistent white/brown noise
- Remove or cover all LED lights and screens
- Quality mattress and pillow (replace mattress every 7-10 years)

TIMING & CONSISTENCY

- Consistent wake time within 30-minute window (even weekends)
- 7-9 hours of sleep opportunity (time in bed)
- No hitting snooze — fragmenting morning sleep worsens grogginess
- If you cannot fall asleep in 20 min, get up and do something calm until drowsy

LIGHT MANAGEMENT

- Morning sunlight: 10-15 min within 30 min of waking (even on cloudy days)
- Bright light exposure during the day (work near windows when possible)
- Dim, warm lighting after sunset (2700K or lower)
- Blue-light blocking glasses if screen use is unavoidable in evening
- No overhead bright lights in the 2 hours before bed

SUBSTANCES

- No caffeine after noon (earlier if you are a slow metabolizer — CYP1A2 gene)
- Limit alcohol — even 1-2 drinks measurably disrupts sleep architecture
- No large meals within 2-3 hours of bedtime
- If using magnesium glycinate (300-400mg), take 30-60 min before bed

WIND-DOWN ROUTINE

- Start wind-down 60 min before target sleep time
- No work email, news, or stressful content

- Consider: reading, gentle stretching, meditation, journaling
- Warm shower or bath 60-90 min before bed (lowers core temperature)

TRACKING (OPTIONAL)

- Wearables (Oura, Whoop, Apple Watch) can track sleep stages and HRV
- Focus on: total sleep time, sleep efficiency (>85%), resting HR trend
- Do not obsess over nightly data — look at 7-day and 30-day trends

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