

MENTAL WELLNESS · FREE CHECKLIST

The Bedroom Sleep Audit Checklist

A four-pillar bedroom audit — thermal, light, acoustic, air — with target ranges, a single-variable experiment rule and a scoring sheet that ranks what to fix first, because sleep advice only works when it is measured.

- 4-pillar audit
- Target ranges per pillar
- Single-variable rule
- Fix-first scoring sheet
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

Sleep is the most environment-sensitive thing you do every day. Core temperature must fall to initiate sleep, light gates melatonin, noise causes arousals you never remember, and stale, dry or humid air fragments the night.

The bedroom is an instrument, not a room. Each pillar has a measurable target: a cool thermal window around 15.6–19.4 °C (60–67 °F), darkness through the night, noise low or masked, and air that is fresh and 30–50% humidity. The audit scores each against its target.

Change one variable at a time. If you fix temperature, blackout and noise in the same week, you will not know which one worked. The single-variable rule — one change, fourteen nights, score the difference — is what turns a checklist into a result.

Habits ride on the environment. Caffeine and screen timing are part of the audit because they interact with the room: a cool dark room cannot rescue a 4 p.m. espresso or a midnight feed of blue light.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
Thermoregulation and sleep research	Core-temperature decline initiates sleep; the bedroom thermal window sits near 15.6–19.4 °C for most adults.
Light and melatonin studies	Evening light, especially short-wavelength, delays melatonin onset; darkness protects it.
Noise and indoor-air studies	Nocturnal noise causes cortical arousals; elevated CO2 and poor humidity fragment sleep.

QUICK START — THE NEXT TEN MINUTES

- 1

Score all four pillars tonight
Walk the checklist with the lights as you sleep and the window as you sleep. Score each item pass / fix.
- 2

Rank the fixes
Use the scoring sheet: the pillar with the most "fix" marks and the biggest effect on your sleep goes first.
- 3

Change one thing for 14 nights
Single-variable rule. Score sleep quality 0–10 each morning and compare to your baseline fortnight.
- 4

Then change the next thing
Stack only proven fixes. A bedroom you have tested beats a bedroom you have decorated.

ENVIRONMENT DOES NOT TREAT SLEEP DISORDERS

Loud snoring with gasping or pauses, legs that kick or creep at night, insomnia that persists despite a good room, or daytime sleepiness with refreshed-never mornings are clinical questions — sleep apnoea, restless legs, chronic insomnia. A perfect bedroom is the baseline for diagnosis, not the treatment. Bring these to a clinician or sleep specialist.

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SCORE IT AS YOU SLEEP

The four-pillar audit

Tick what passes tonight; everything unticked is a candidate fix. The target under each pillar is the range the evidence points to.

Thermal15.6–19.4 °C (60–67 °F)

☐ Room sits in the cool window at bedtime, measured not guessed

☐ Bedding lets heat escape — breathable layers, not a duvet sauna

☐ Hands and feet warm enough to dump heat (socks work for cold sleepers)

☐ No hot bath, heavy meal or hard exercise inside the last hour

Fix marks

Lightdark night, dim evening

☐ Blackout or near-blackout at the window; no streetlight gaps

☐ No status LEDs or screens glowing after lights-out (tape them)

☐ Evening lights dimmed and warm for the last hour before bed

☐ Morning: bright light at wake to anchor the rhythm

Fix marks

Acousticquiet or fully masked

☐ Sudden noises (traffic, doors, pets) removed or sealed out

☐ Residual noise masked with steady white or pink noise

☐ Phone on silent and face-down outside reach

☐ Partner snoring addressed — it is a clinical question, see page-1 box

Fix marks

Airfresh, 30–50% humidity

☐ Room ventilated daily; CO2 not building overnight (door or window gap)

☐ Humidity in the 30–50% band (hygrometer, not intuition)

☐ Dust and allergen load low — washable bedding, hot-washed weekly

☐ No strong fragrance, smoke or cleaning-vapour load at night

Fix marks

FIX - FIRST RANKING

Pillar to fix first (most marks, biggest effect)

The one change I will test

Baseline sleep quality (0–10, 14-night average)

Start date

THE SINGLE - VARIABLE RULE

One change, fourteen nights, score each morning. If the average beats your baseline by a point or more, keep the fix and stack the next one. If it does not, revert it without sentiment — the room is an experiment, and a tested bedroom beats a decorated one.

Thermal

A \$10 room thermometer at pillow height, read at bedtime and 3 a.m.

Light

Your phone camera in night mode shows every glowing LED you have stopped seeing.

Acoustic

Log the arousals you remember for a week; the pattern names the noise.

Air

A small hygrometer gives the 30–50% humidity number; ventilation is the CO2 lever.

Ready for the Complete Step-by-Step Blueprint?

This checklist gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Better Sleep Environment Workbook

A four-pillar bedroom audit and a 14-day single-variable experiment that turns sleep advice into measured results.

Clinical Practice Series · 20 pages · A4 print + fillable

Better Sleep Environment Workbook

Optimize bedroom light, temperature, acoustics, and air quality using a 14-day single-variable experiment.

20 pages

14-Day Experiment Log

Clinical Practice Series

\$12 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The 4-pillar bedroom audit** — thermal, photobiology, acoustic and air, each with the full target range and how to measure it.
- 1 The evening transition protocol** — the two-hour runway that lets core temperature and melatonin do their job.
- 1 The 14-day single-variable experiment log** — a tracker designed to prove which change actually worked.
- 1 Light and DLMO timelines** — when to seek and avoid light for your chronotype, not a generic rule.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free checklist already gives you

- ☐ The four-pillar audit with target ranges
- ☐ A fix-first scoring sheet
- ☐ The single-variable experiment rule

What only the 20-page edition has

- ☐ Measurement methods for every pillar, with cheap instruments
- ☐ A 14-day experiment log that proves causation
- ☐ Chronotype-specific light and DLMO timelines
- ☐ The evening transition protocol in full

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/BETTER-SLEEP-ENVIRONMENT-WORKBOOK](https://healthsecrets.com/products/better-sleep-environment-workbook)

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A4 print + fillable

Score the room tonight; run one experiment a fortnight.

Sleep-science based

Targets from thermoregulation, light and air research. No gadget upsell.

One-time payment

\$12 once, no subscription, instant download after checkout.

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