



# **LIVER EDUCATION ADVOCATES**

## **Bedtime Sleep Checklist for Liver Health**

### **Set the Evening Tone**

- I dimmed the lights
- I lowered noise and stimulation
- I kept my evening routine calm and consistent

### **Reduce Screen Time**

- I turned off screens at least 30–60 minutes before bed
- I used night mode or warm lighting if screens were needed
- I chose a calming activity instead of scrolling

### **Support My Body**

- I avoided caffeine after mid-afternoon
- I chose a gentle drink (herbal tea or warm water)
- I avoided heavy or late meals
- If I have cirrhosis, I ate a small protein snack before bed

### **Relax My Mind & Body**

- I did light stretching, breathing, or gentle movement
- I took a warm bath or shower
- I listened to calming music or nature sounds
- I wrote down worries or tomorrow's tasks

### **Prepare My Sleep Space**

- My room is cool, dark, and quiet
- My bedding feels comfortable
- I removed clutter and distractions
- I limited pets in bed if they disrupt sleep

### **Final Check**

- My mind feels calmer
- My body feels relaxed
- I feel ready for rest