

Evening Health & Hygiene Checklist – One Sick Vet

- Start herbal tea steeping (no caffeine)
- Take vitamins/supplements/evening medications
 - Set alarm to ensure taken at same time every evening
- Drink herbal tea
- Make final entry in health log
 - Record vitamins/supplements/meds
 - Record food & drink for lunch & dinner
 - Record health status & symptoms
 - Record doctor's visits & other health-related activities
- Turn off screens (TV, computer, phone, etc.) 1-2 hours before bedtime
- Set thermostat for optimal sleep temperature
- If environmental allergies are a problem, take shower before bed to wash pollen or other irritants off body and out of hair
- Brush teeth
- Floss teeth
- Void bladder
- Ensure there is a clear path from the bed to the bathroom (I'm looking at you, dog toys.) No Trip & Fall Hazards!
- Ensure bedroom is dark and quiet (unless using a white noise machine)
- Sleep, perchance to dream