



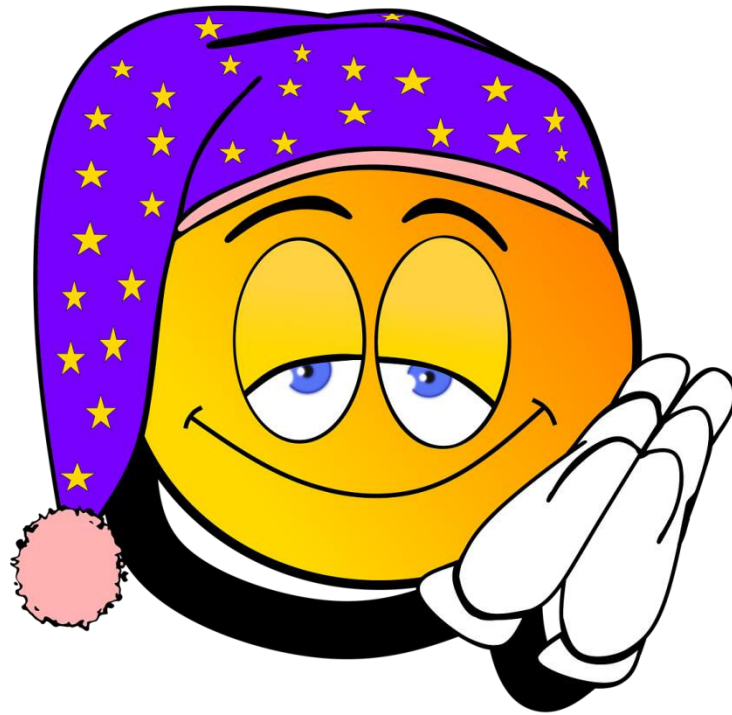
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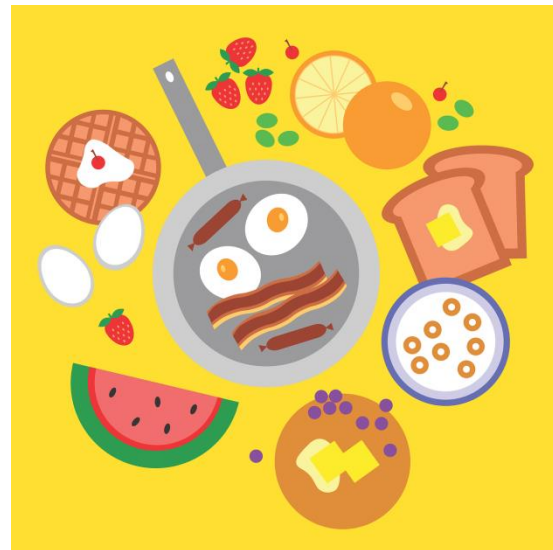


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Creating a Bedtime Routine





There are some things that I do every day. I wake up in the morning and brush my teeth. I eat yummy meals and see my friends and family. At night, I go to sleep.

Sometimes I am really tired if I don't sleep well or don't get enough sleep. I can make a bedtime routine to help make it easier to go to sleep. A bedtime routine is a list of things I can do to get ready for bed every night.



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Before I create my bedtime routine, there are some things I should always do before bed.

I should brush and floss my teeth every night.

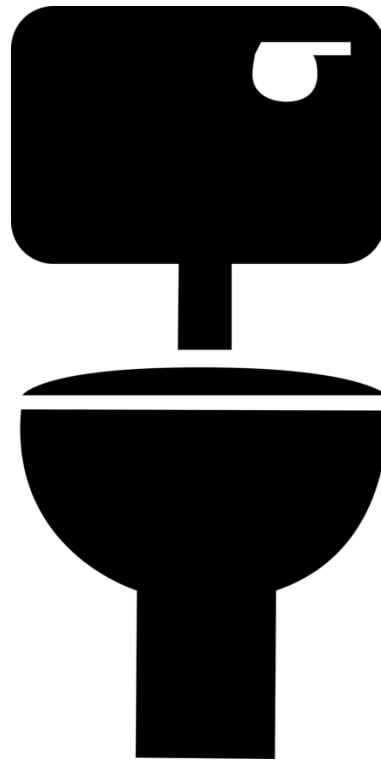


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I should also use the bathroom before bed. This way, I won't have to go in the middle of the night.



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Now I am ready to create my bedtime routine!

First, I should figure out what time I should go to bed. I need at least 8 hours of sleep every night. I can use the chart below to figure out when I should go to bed.

On school nights, my bedtime is _____.

On weekends, my bedtime is _____.



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Now that I know my bedtime, there are different things I can do to create my bedtime routine. I can circle what I would like to do from this list. My family can also help me figure out a good bedtime routine.

- I will try to stop drinking caffeinated drinks after lunch. Soda and coffee have caffeine in them.
- Exercise or play outside during the day
- Eat smaller dinners
- Turn the lights down in my bedroom or wherever I sleep
- Put away anything with a screen, like my cell phone, computer, TV or tablet
- Take a warm, relaxing shower or bath
- Listen to soft, quiet music
- Read my favorite book
- Do yoga or meditate. To meditate means I sit quietly and focus on my breathing so I feel relaxed and ready to sleep.



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If I still do not feel ready to go to bed, my family can help me relax with this activity. I will lay in bed quietly and close my eyes while my family reads these steps to me.

1. Curl your toes as tight as you can. Keep them curled for 7, 6, 5, 4, 3, 2, 1. Now relax your toes.
2. Squeeze your legs. Keep them squeezed for 7, 6, 5, 4, 3, 2, 1. Now relax your legs.
3. Squeeze your tummy area. Keep it squeezed for 7, 6, 5, 4, 3, 2, 1. Now relax your tummy.
4. Curl your fingers into a fist. Keep them squeezed for 7, 6, 5, 4, 3, 2, 1. Now relax your fingers.
5. Squeeze your shoulders as tight as you can. Keep them squeezed for 7, 6, 5, 4, 3, 2, 1. Relax your shoulders.
6. Squeeze your eyes shut as tight as you can. Keep them squeezed for 7, 6, 5, 4, 3, 2, 1. Now relax your eyes and go to sleep. Goodnight!



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Here are some steps to help me learn how to meditate. My family can read these steps to me until I feel ready to try it on my own.

1. Lay on your back or sit in your bed or on the floor. Rest your arms down by your sides.
2. Close your eyes. Take slow, deep breaths.
3. Pretend that your body feels like water and that you are melting into the floor like a puddle.
4. Keep taking deep breaths. When you feel relaxed, open your eyes.
5. Get into bed. Sleep well!



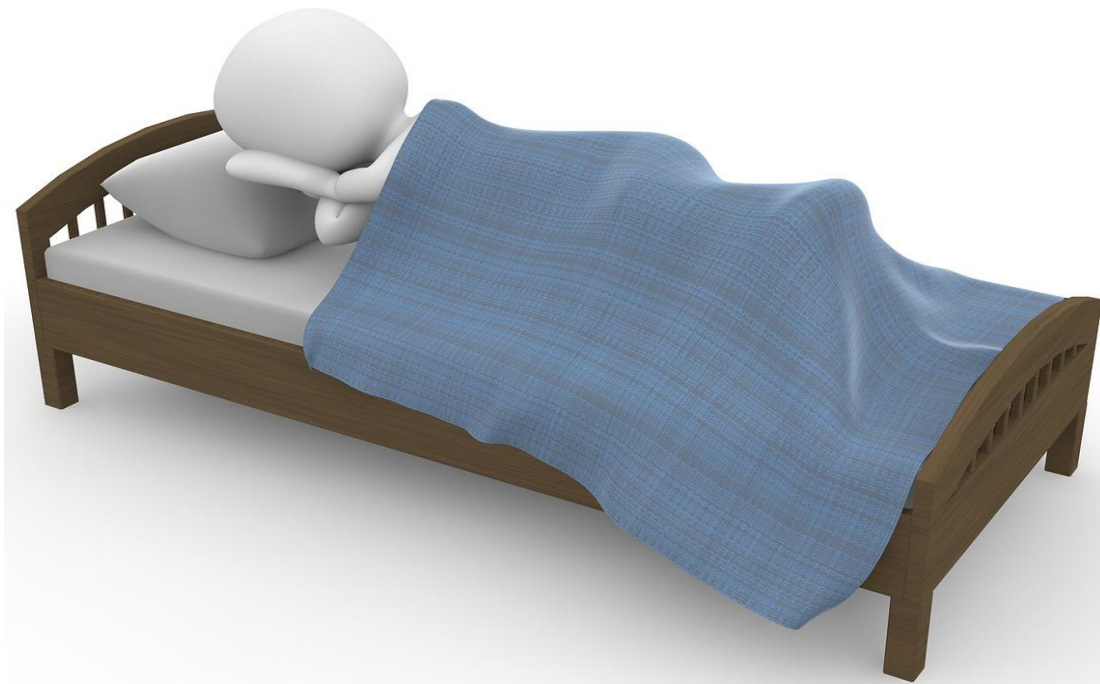


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Before I go to sleep, I will turn off the lights and turn on my nightlight if I use one. I will also turn on my sound machine if I use one.

It is important to do my bedtime routine every night. I will feel rested and ready for the day in the morning!



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