Ways to Get Good Sleep

I should wake up at the same time each day.

I should go to bed at the same time every night.

I should create a good sleep space.

TV   tablet   phone

I should have a bedtime routine.

Hygiene

brush teeth   wash face   go to bathroom

Relaxation

write in journal   pray   read   take deep breaths   stretch

Remembering this will help me sleep better and be healthy!

Advocate Medical Group
Adult Down Syndrome Center