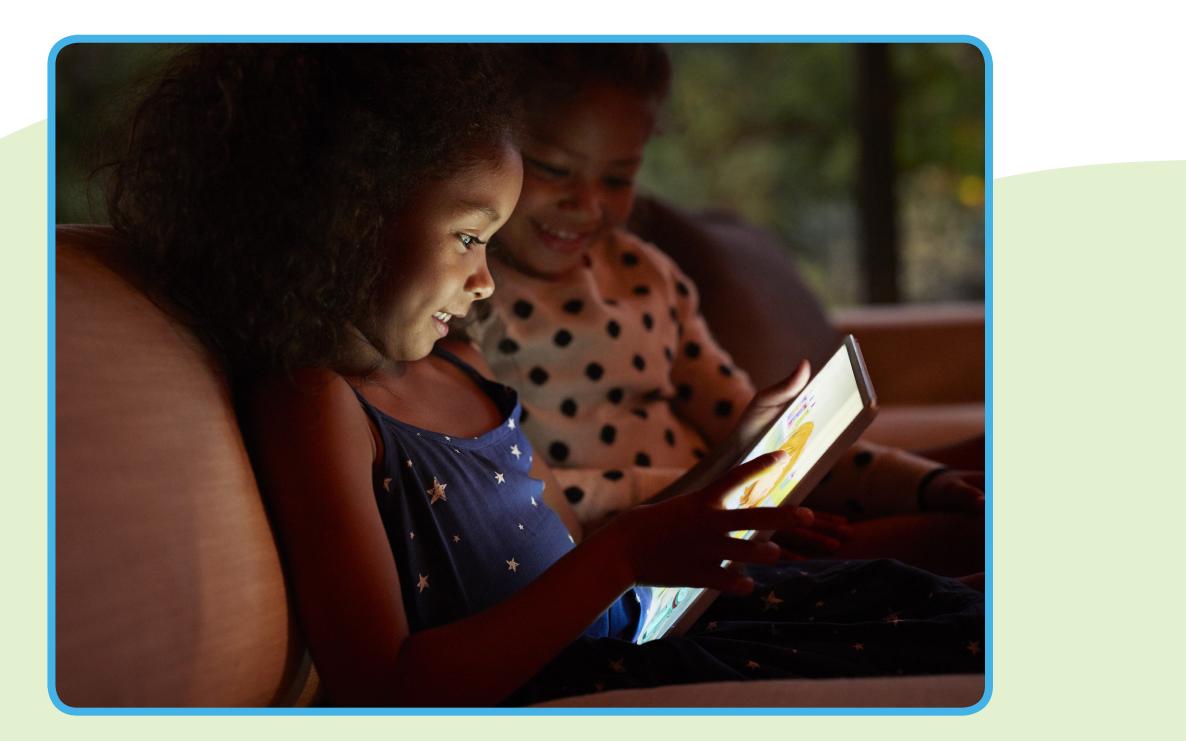


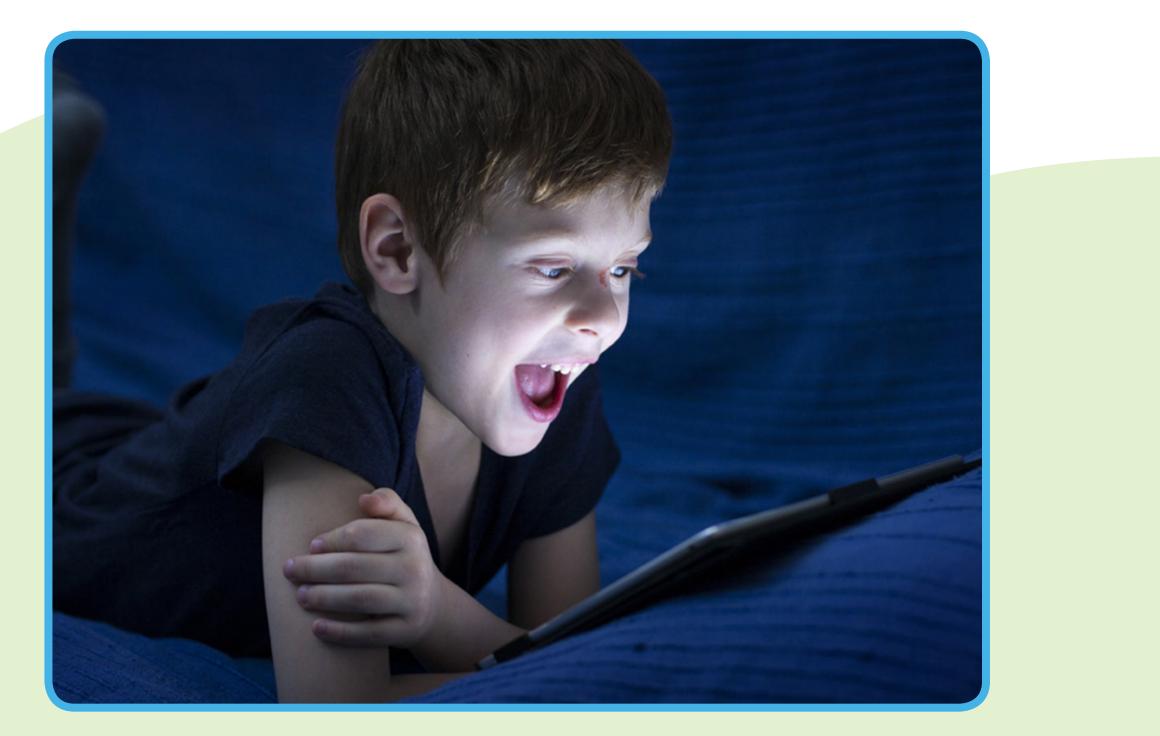
Abby played her favorite game on her tablet right until When she turned the lights off, she couldn't fall asleep.



bedtime. She quickly brushed her teeth and washed her face.



Marty quit playing math games on his tablet 30 minutes before his bedtime. He got ready for bed, then read his library book. When it was time to turn out the lights, Marty quickly fell asleep.





Bedtime Routines

Bedtime routines are important for a good night's sleep. Bedtime routines help you wind down from the day.





Bedtime Routines There are many things you can include in your bedtime routine to help you get a good night's sleep:



Read a book.



Take a bath or shower.

WHAT WILL YOU DO FOR YOUR BEDTIME ROUTINE?



Listen to quiet music.



Draw or color.

What's Your Routine?

Think about what you did before bed last night.



Name .

Did you take a bath? Read a book? What would you like your bedtime routine to look like? **Bedtime Routine**

Look at the list of bedtime activities. Put a check mark next to the activities that you will include in your bedtime routine. On the tracker at the bottom, mark each night you complete your bedtime routine.

Have a snack Take a shower or bath t on pajamas nb hair h teeth I quietly good night Draw or color Lay out clothes Wash hands and face Listen to a story Do a puzzle

_Listen to music

_Lights out

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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