

A young boy in blue pajamas with a festive pattern is brushing his teeth in a white bathroom sink. A dog is sitting on the floor, looking up at him. The background shows white subway tiles and a mirror. A blue banner with white text is overlaid on the left side of the image.

Prepare to Restore Your Energy

Abby played her favorite game on her tablet right until bedtime. She quickly brushed her teeth and washed her face. When she turned the lights off, she couldn't fall asleep.



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.



Listen to
quiet music.



Draw or
color.



WHAT WILL YOU DO FOR YOUR BEDTIME ROUTINE?

What's Your Routine?

Think about what you did before bed last night.



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

Name _____

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.

<input type="checkbox"/> Have a snack	<input type="checkbox"/> Draw or color
<input type="checkbox"/> Take a shower or bath	<input type="checkbox"/> Lay out clothes
<input type="checkbox"/> Put on pajamas	<input type="checkbox"/> Wash hands and face
<input type="checkbox"/> Comb hair	<input type="checkbox"/> Listen to a story
<input type="checkbox"/> Brush teeth	<input type="checkbox"/> Do a puzzle
<input type="checkbox"/> Say goodnight	<input type="checkbox"/> Listen to music
	<input type="checkbox"/> Lights out

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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