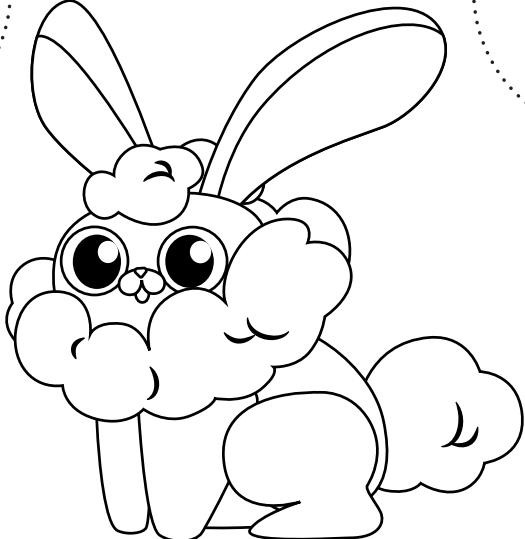


Better Bedtime Routines

*A bedtime routine can help us relax and fall asleep more easily.
Tick the things you do already, and circle the ones you would like to try.*



- ☐ Brush my teeth
- ☐ Have a bath or shower
- ☐ Listen to quiet music
- ☐ Avoid TV and other screens an hour before bed
- ☐ Have regular sleep and wake times every day
- ☐ Listen to a sleep story
- ☐ Quiet play or drawing
- ☐ Read a book



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