

# Example of a Sleep Tips: Bedtime routine

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A bedtime routine helps to regulate children's body clocks and aids relaxation, leading to a good night's sleep. Often, when trying a new bedtime routine, sleep patterns get worse before they get better. Consistency is important and we advise sticking to the new routine for at least two weeks before you start to see some positive changes.



Below is an example of a bedtime routine for a child whose bedtime is 8:15pm. It helps to have this routine displayed visually. It can be displayed as written below if your child can read. With younger children, you can use pictures or photographs of each activity and show these to them at the appropriate times whilst giving the instruction verbally.



**Lights dimmed, screens off**



**Relaxing activity**

(e.g. colouring/drawing, jigsaw, Lego, reading)



**Supper downstairs**

(foods rich in tryptohan, no caffeine or sugar)



**Bathtime**



**Bedroom - Pj's on, go to brush teeth, into bed, story, short kiss/cuddle**

(keep to same lenght each night)



**Lights out. Time to sleep**



The information above is a general guide only. Bedtime routines are dependent on many factors, such as the age of your child and the number of hours sleep they need for their age. Specialist advice may be necessary to support your child further with their bedtime routine.