



## Bedtime Routine



- Home from school
- Snack
- Outside play / physical activity
- Homework
- Mealtime
- Playtime
- Screens off one hour before bedtime (think melatonin!)
- Quiet play and snack if needed
- Bath (not a long bath) pyjamas on (½ hr before bed-time)
- Get into bed
- Story
- Leave child to settle to sleep

### Bedtime setting

- Quiet
- Low light or dark
- Non-stimulating
- Temperature – cooler rather than warmer
- Comfortable

### Morning

- Anything pre 6am is night time!