

# Example of a Sleep Tips: Bedtime routine

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**

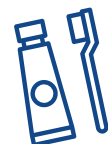


**Bedroom - Pj's on, go to brush teeth, into bed, story, short kiss/cuddle**

(keep to same lenght each night)



**Lights out. Time to sleep**



Whilst there are common strategies that may support the sleep of babies and children, there are also different parenting and professional styles that may favour one approach over another. There is no single solution that will suit everyone. The advice contained in these downloads is for general information purposes only and is intended to give you some basic tips and strategies. Our advice is NOT intended to be a substitute for medical advice or treatment.