



SETTING A SLEEP ROUTINE

Getting a good night's sleep is one of the most important things we can do to look after our health and wellbeing. Good sleep can also increase our energy, focus, and happiness.

Creating a sleep routine can help set up a good night's sleep because it helps our mind to wind down for sleep. Firstly, let's think about what bedtime looks like now - What is your current bedtime routine?

Is there anything you do already before bed regarding routine? Mark them down below!

Take things a step further: do you think they are helpful or not helpful in getting a good night's sleep?

- 1.
- 2.
- 3.
- 4.
- 5..





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Think about setting a time for:

- A soothing activity (watching a film, reading a book, drawing/colouring in)
- Getting ready for bed (going to the bathroom, brushing your teeth)
- Resting in bed (soothing background music, relaxation technique audio).



Sleep routine template - let's put it all together below!

Soothing activity before bed	Getting ready for bed	Resting Relaxing in bed	Scheduled sleep time



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