



Bedtime Routines

For elementary-aged children, good bedtime routines are key.

Sample routine

1



Shower or bath.

2



Brush teeth.

3



Use the bathroom.

4



Change into pajamas.

5



Read a book or listen to calming music. Or try a relaxation exercise.

Search BSD's YouTube for guided meditation or check for well-rated apps.

For teenagers, a consistent bedtime routine and sleep schedule is vital, too.

When teens stay up late and sleep in, their natural sleep cycle gets thrown off. Since most people get tired about 16 hours after waking, a teen who wakes at 1 p.m. may not feel ready for sleep until around 5 a.m.



Shift sleep schedule by 30 minutes

To shift their schedule, have them wake up **30 minutes earlier each day** and go to bed **30 minutes earlier** until they reach their goal. Small, steady changes work best.



Keep weekend sleep schedule the same as weekdays

On weekends, try to keep their schedule as close as possible to weekdays. Sleeping in too much—even two days a week—can undo progress and make weekday mornings more difficult.



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