

The Structured Sleepy Time Routine for _____

Zzzz is at _____ pm Sleepy Time Routine Starts at _____ pm
(subtract 1 hour)

Step 1: AT _____pm (start time) eat a high protein low sugar snack.
Tv & electronics off. Lights are low. Activity level is calm.

Step 2: Start your sleepy time activity from the list below* (step 3 starts 30
minutes after start time).

Step 3: Time to get ready for bed. Here is the list of what you need to do.
A parent starts your diffuser (if you have one).

Step 4: Story time lasts until good night kisses.

Step 5: It is now _____pm. Good Night! Zzzzz

*List approved sleepy time activities below (for Step 2). Make sure they
occur in a low lit, calm and quiet room and are calming themselves.
Pick from this list each night....
