

My Bedtime Routine

A calm, sensory-friendly guide to winding down 🌙



🌙 Evening Calm Zone

- ☐ Dim the lights
- ☐ Turn off all screens
- ☐ Put away toys & backpack
- ☐ Choose a quiet activity (book, coloring)



🪄 Wash & Ready

- ☐ Brush teeth for 2 minutes
- ☐ Wash face & hands
- ☐ Change into cozy pajamas
- ☐ Comb or brush hair



🛏️ Cozy Space

- ☐ Grab your comfort item
- ☐ Fluff your pillow & blankets
- ☐ Soft night light on
- ☐ Room is quiet and cozy



💤 Sleep Cues

- ☐ Take 3 slow deep breaths
- ☐ Think of 3 good things today
- ☐ Close eyes, relax each body part
- ☐ Drift to happy dreams 🌟

"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

— Psalm 4:8

