

Name: _____

Bedtime Routines

Meet Christopher! He is a basketball coach. Some coaches, like Christopher, teach kids in elementary and middle school how to play a sport. Other basketball coaches work with college basketball players or professional basketball players.



Basketball coaches want to make sure that players are well rested before practices and games. If players are sleepy, they will not play their best. Basketball coaches encourage players to create a bedtime routine. A bedtime routine is a plan that has a list of activities you do before bed every night. These activities should help you relax and get ready to fall asleep. For example, reading a book asleep and putting on pajamas are activities you might do before bed as part of your routine.

Today, you will imagine you are a basketball coach who is helping players create their own bed time routines so they can play their best during games. Follow the steps below.

Step 1: Learn About Importance of Sleep

It is important that people get enough sleep every night. Getting enough sleep is important to have a healthy brain and healthy body! People need different amounts of sleep every night depending on how old they are!

Preschoolers need 10-13 hours of sleep a night.



Children who are ages 5-12 need 9-12 hours of sleep a night.



Teenagers who are 13-19 need 8-10 hours of sleep a night.



Adults need 7-9 hours of sleep a night.



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Sleep is important for our bodies and minds. When you get enough sleep, you can:

- Make good choices at school and home
- Have energy to learn at school
- Be a good listener at school and after school
- Play your best in sports



Without enough sleep, you might:

- Have trouble making good choices at school and home
- Be grumpy
- Feel tired at school or after school
- Be less patient with siblings and friends
- Have trouble listening



Step 2: Make a Bedtime Routine

On the next page, you will create a checklist to remind you about your bedtime routine. First, you will write down what time you will go to bed each night of the week. Then, you will choose six activities to be a part of your bedtime routine each day. You can choose from the list below or come up with other ideas. After you finish your checklist, cut it out and put it by your bed.

Go to bed at the right time		Put a sign on your door that says you are sleeping	
Read a book		Turn off television and other electronics	
Sing a song		Draw a picture of something great that happened during the day	
Put on pajamas		Give a hug and kiss to a family member	
Brush teeth		Deep breathe or meditate	

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Bedtime Routine Checklist

I will go to bed each night at _____

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Optional: Make a Sign for Your Door

Color in one of the door hangers or signs on the following pages for your door. You can also make your own sign on a separate piece of paper.

Quiet Please!
I am sleeping!

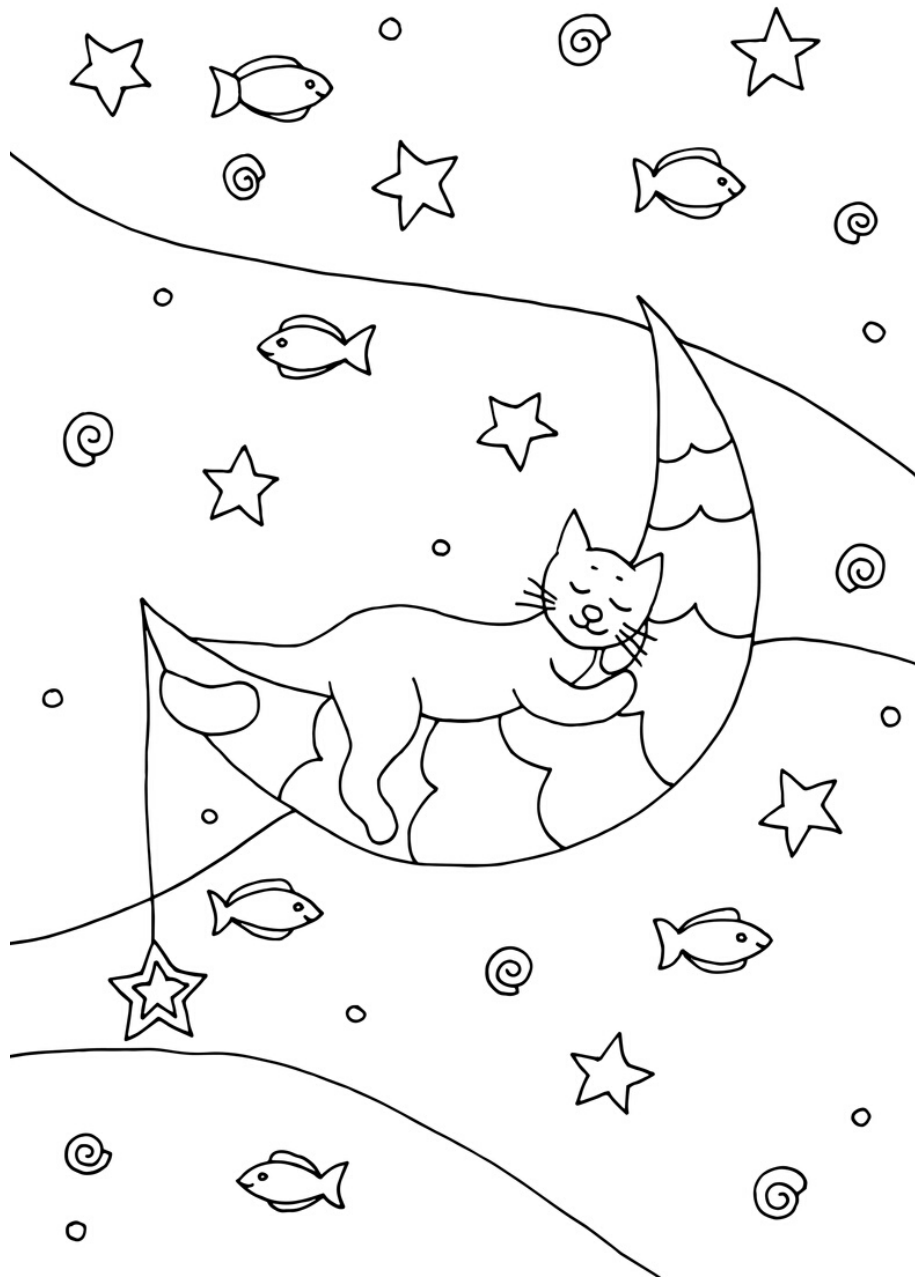


Quiet Please!
I am sleeping!



Name: _____

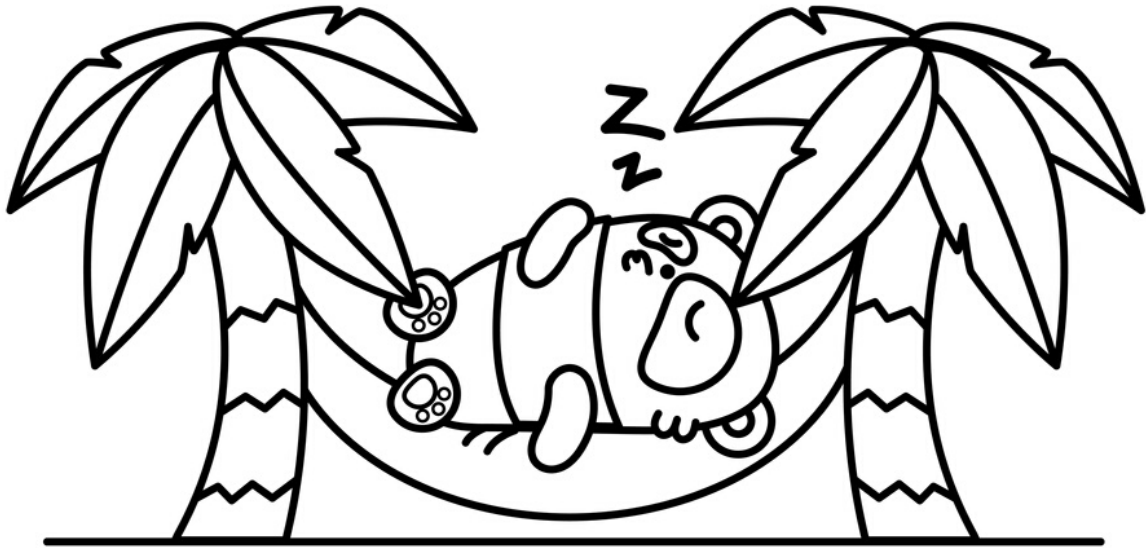
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#SleepInProgress

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#SleepInProgress

#DoNotDisturb

