

## Example Teen Bedtime Routine

Avoid fizzy drinks, chocolate and biscuits in the evening and instead have warm milk or water and 'sleep foods' if you would like a snack.

Remember to wake at a set time each morning to strengthen your sleep cycle. If you fall asleep late do not compensate by lying in the next morning.

The Routine (1 hour before your desired bedtime)

TV and tech off, dim lights, close curtains

Snack chosen from sleep inducing foods/milk

Relaxation time – card games, drawing, colouring etc

Bath/Shower

Into bed (lamp only) reading, audio book, listen to relaxing music

Light off and relax