

# Sleep Tips



## Bedtime routine

Make your own bedtime routine and stick to it. You need to set a time with your adults and stick to that too. It might be something like 'BATH, HOT DRINK, HAPPY BOOK, BED'

## Relaxation exercises

Learn some relaxation exercises so you can get yourself relaxed for bedtime.

## Physical exercise

During the day do some physical exercise. This will make your body feel tired at bedtime.

## Happy mind

Watch only happy movies and read happy books before bedtime. You could also try drawing a happy picture which will give you nice things to think about as you drift off to sleep. It might even give you nice dreams.



## Big feelings

Share any BIG feelings with an adult before bedtime so you don't have to think about them. Worry thoughts aren't good for sleeping. You could also make a worry doll and tell your worries to that. Pop it under your pillow and take the worries away. Make a dream catcher to catch any nightmares

## Ready for sleep

Put some warm socks on, grab a cuddly toy, pop a night light on if you find having a little light helps, get into a comfy position and close your eyes and dream lovely dreams.



Night night sleep tight!

