



# Bedtime Routines

## Improve your child's sleep with a bedtime routine!

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A bedtime routine promotes caregiver-child bonding. Bedtime routines help with improving children's mood, stress levels, and wellbeing.

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**Bedtime routines are a consistent, repetitive set of activities that are carried out before bed every night. Routines help prepare your child for sleep by having them relax and wind down.**

Research shows that children that follow bedtime routines are able to sleep longer and wake up less. In the long term these benefits translate to readiness for school and positive social interactions.



**For daily needs, medical professionals recommend the following amount of sleep:**

Age	Amount of Sleep
Birth through 3 months	16-18 hours
4 months through 12 months	12 - 16 hours
1 year through 2 years	11-14 hours
3 years through 5 years	10-13 hours
6 years through 12 years	9-12 hours



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## Steps to Success:

1. Create a bedtime routine with your family.
2. Always prepare your child for the next activity. For example, you could say "In five minutes we are going to take a bath."
3. Try to follow the same routine every night, but remember that it is okay if you do not get to it every night!
4. Keep your routine simple and make it work for you and your family.
5. Limit use of technology before bed time about 1 hour before.
6. It is natural to update bedtime routines as a child grows up.
7. Limiting technology use at least one hour before bed time.

## Example Bedtime Schedule

Activity	Time	Example
Nutrition	6pm	Feeding or Healthy Snack 
Hygiene	6:30pm	Bath and Teeth Brushing 
Communication	7pm	Read a bed time story 
Touch	7:30pm	Cuddling, Rocking, or Massage
Lights Out	8pm	Kiss Goodnight 