

Having a routine in place can make it easier to fall asleep at night. Remember the FIVE B's for a healthy bedtime routine.

**Bathe.** A warm bath or shower can help you begin to relax.

**Brush teeth.** Don't forget about good oral hygiene!

**Books.** Put the screens away and relax with a book.

**Breathe.** A few deep breaths can clear your head and get you ready for sleep.

**Bed.** Time to sleep!



ZZZ

## Use the 5 Bs to plan your own bedtime routine.

What time should I begin getting ready for bed in order to incorporate a bedtime routine? \_\_\_\_\_

What helps me feel relaxed before bed? What is my ideal bedtime routine?

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What would make it easier to stick with my bedtime routine?

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THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group