Bedtime routine checklist

The same five steps every night, so sleep knows it is coming.

WEEK OF

LIGHTS OUT BY

EACH DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Screens off	☐	☐	☐	☐	☐	☐	☐
Lights down	☐	☐	☐	☐	☐	☐	☐
Tomorrow's list written	☐	☐	☐	☐	☐	☐	☐
Teeth, face, water	☐	☐	☐	☐	☐	☐	☐
Read ten minutes	☐	☐	☐	☐	☐	☐	☐
Lights out on time	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

NIGHTS I SLEPT WELL, AND WHY

Not medical advice. Get your doctor's OK before you start.