



## Bedtime Routines - *important at any age!*

### Children with bedtime routines...

- Have an earlier bedtime
- Fall asleep faster
- Wake less during the night
- Get more sleep
- Have better sleep quality

Short and sweet

Move in one direction

End in child's sleep environment

Snack
Brush teeth and potty
Pajamas in room
Story in room
In bed, light out

## Bedtime Fading - *putting a child to bed closer to their natural sleep onset time*

### Bedtime Fading

- Monitor sleep patterns with diary
- Find average time child falls asleep
- Delay bedtime and bedtime routine to natural sleep onset time
- When falling asleep in <30 mins, move bedtime earlier by 15mins
- Don't forget to adjust wake time!

