

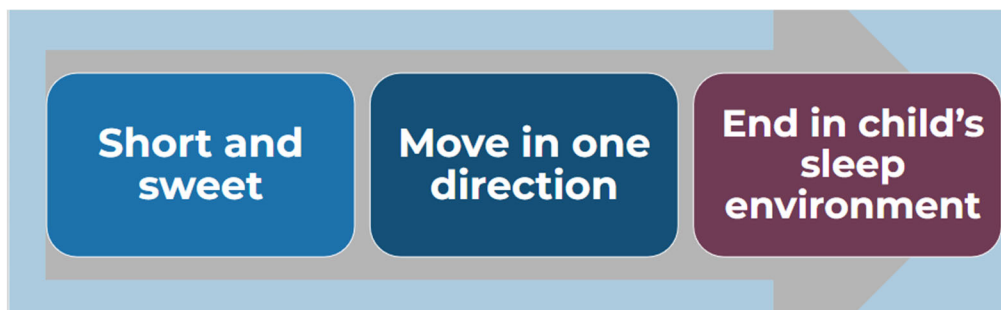


## Sleep Solutions for Children 2-10 Years Old

**Bedtime routines are important at any age and can help children:**

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

**Your Child's Bedtime Routine Should Be:**



### Sample Bedtime Routine

