

A GOOD NIGHT'S SLEEP



What helps you to feel relaxed and ready to sleep?

**What do you do to relax
before bed?**

1.

2.

3.

**How do you like to spend time with
others in the evening?**

1.

2.

3.

My Personalised Sleep Routine



Time (__:__)	What I will do (You can draw, write or stick)



