

## Bedtime Routine



Bath



Supper



Relaxing  
activity – no IT  
(Colouring, massage,  
jigsaws)



Bedroom –  
read a story



Good night – sleep  
well

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No IT 1 hour before bedtime – this includes televisions, ipads and phones. These produce white/blue light, this type of light can suppress the release of melatonin in the brain which means we don't feel sleepy. *(If lights are needed a red/pink or orange are good – try colour changing light bulbs to change from white to red)*

Have a bath 30 minutes before going to bed, baths help the body to have a 'temperature drop' which helps the melatonin to release to make us feel sleepy. *(Having a warm drink can do this as well).*

Limit caffeine drinks 1.5 hours before bed these include: tea, coffee and hot chocolate, some Horlicks. *(Warm honey or milk a good drinks before bed).*

Analgesia to manage pain before bed – make sure they don't contain caffeine.