



Backed by NHS

# My Sleep Routine



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The Sleep Checklist is designed to help children build calm, healthy bedtime routines in a simple and positive way.

Using the resources available, children can see each step of their bedtime routine and feel proud as they move through it. We encourage families to personalise the checklist together by choosing images, adding drawings, or adjusting the order so it fits your child and your family routine.

The most important part of the checklist is not doing everything perfectly, but creating a predictable, calm routine. When children know what is coming next, their brains feel safe and settled, which helps their bodies get ready for sleep.

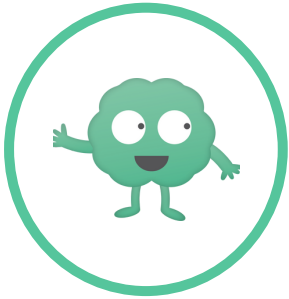


Some steps may need a little explanation. For example, screen-free playtime before bed is important because screens can wake up the brain and make it harder for children to feel sleepy. Choosing calm activities instead, such as drawing, building, reading or playing quietly, helps the brain understand that it is time to rest. You can explain this simply by saying, “Screens make our brains busy, and quiet play helps our brains calm down.”

Using the checklist together also gives children a sense of independence and ownership. They can tick off steps, point to pictures, or talk about which part they like best. Over time, this helps children understand their own needs and build healthy sleep habits that support their wellbeing, learning and happiness.

Remember, small, consistent steps make a big difference. By using the Sleep Checklist regularly, you are helping your child feel calm, confident and ready for rest.

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**myHappymind**



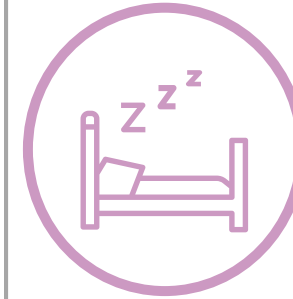
**Brush your teeth**



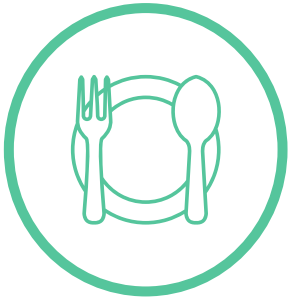
**Read a  
bedtime story**



**Listen to a  
bedtime story**



**Get into bed**



**Eat your dinner**



**Happy Breathing**



**Put your  
pyjamas on**



**Have a bath**



**Screen-free  
playtime**



**Tidy toys away**



**Lights off**

