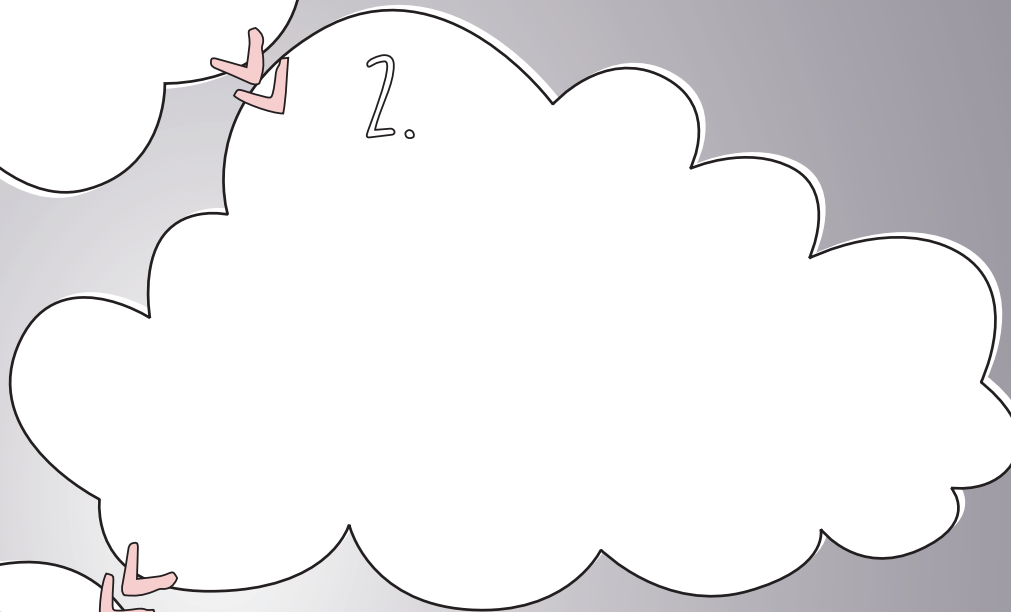
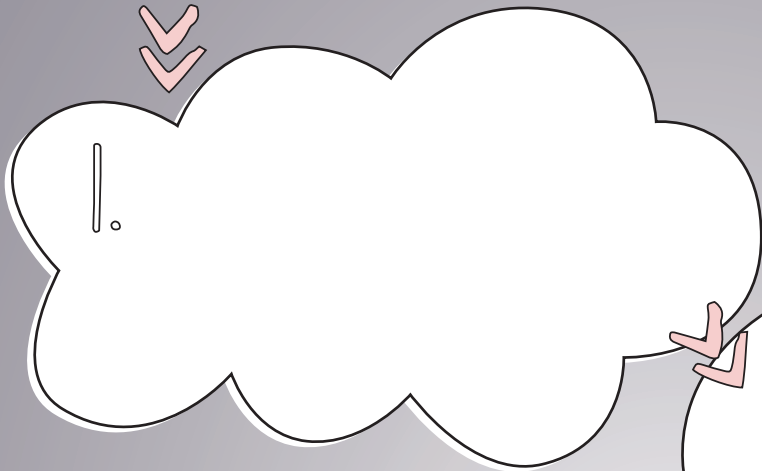


CREATE YOUR OWN BEDTIME ROUTINE



CREATE A SCHEDULE OF THE
SAME RELAXING THINGS YOU
CAN DO EACH NIGHT...

eg. shower or bath, brush your
teeth, read a book, write in a
journal, cuddles with mum or dad,
do some mindfulness meditation
or listen to calming music.



BY CREATING A
REGULAR ROUTINE
THAT CALMS YOU
DOWN, YOUR BODY
WILL LEARN THE
SIGNALS FOR WHEN
IT IS TIME TO GO
TO SLEEP.

