**Bedtime Schedule:** Be consistent with your child’s bedtime schedule 7 days a week. Children should have a regular bedtime and wake up time. In the event there needs to be an adjustment then the time should change no more than an hour each way.

**Bedtime Routine:** Your child’s bedtime routine should start a half hour before his/her bedtime. A good nightly routine is to take a bath, read a story, quiet time listening to relaxing music or even stretching. As your child grows this routine will change. Things you should avoid during this time are tv, video games, exercise, caffeine/sugar, heavy liquids and exercising.

**Environmental Conditions of the Bedroom:** Make sure to set a comfortable bedroom temperature (anything under 75°) and make the room adequately dark (a small nightlight is recommended when needed).
Additional Tips

Ensure sufficient ventilation/air circulation is in the room: crack the door open or use a ceiling fan set on low.

Provide your child with a quiet sleeping environment.

- Use the bed for sleeping only. Do not introduce playing, eating or watching tv while in bed.
- Dress your kids in comfortable night clothes – this helps falling asleep easier.