

Editable Bedtime Routine Checklist

Bedtime routines and sleeping can be a really challenging topic and one which so many parents and children struggle with. This Bedtime Routine Checklist can help you try and prepare your child for a good sleep. It won't always go to plan, but having a regular routine can make your child feel safe and comfortable and can also develop a sleep association. This means that as they practise this routine more and more, they will start to feel sleepier.

In this resource, you will find a blank Bedtime Routine Checklist for you to add the important bedtime activities to. We have worked with The Sleep Charity to suggest a range of evidence-backed ideas that you might like to try with your child. However, we are all different and some of the things might not work for you or your child. Choose the ones which you would like to try and add them to your checklist.

To add them on, you can either write them onto the blank checklist yourself, or cut the examples out and stick them onto the template. The activities are suggestions and ideas, but you can add any other ideas that you think will work for your child, too.

The key to a bedtime routine is consistency, but it doesn't have to be set in stone. Why not set up your routine and give it a fortnight or even a month? At the end of the time, reflect back and think about anything you might want to change, add or remove. Depending on the age of your child, it can be good to talk to them about what they find helpful and calming before bedtime. Once you have a routine, try and stick to it to give your child consistency and confidence in their routine.

We have also included a handy tick box. If you want to use this, you can either laminate your checklist or put it in a clear plastic wallet and use a felt-tip pen or whiteboard marker to tick the activities off each night. Or, simply stick it up on your child's bedroom wall and go through the list each night.

For more guidance from The Sleep Charity about how to establish a good bedtime routine, check out our range of [sleep-focused guidance and activities](#).

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



Bedtime Routine Checklist



Turn off screens at least one hour before bedtime.

twinkl.com



Have a light supper-time snack.

twinkl.com



Dim the lights an hour before bedtime.

twinkl.com



Do a relaxing bedtime activity.

twinkl.com



Have a bath about 30 minutes before bedtime.

twinkl.com



Spend some time reading together or independently.

twinkl.com



Tidy any mess in your room.

twinkl.com



Have a small drink of water.

twinkl.com



Make sure your bedroom is cool.

twinkl.com



Put pyjamas on.

twinkl.com



Brush your teeth and wash your face.

twinkl.com



Listen to some classical or calming music.

twinkl.com



Practise some mindfulness or breathing exercises.

twinkl.com



Share some positive things from your day.

twinkl.com



Do some gentle stretches or massage.

twinkl.com



Turn on a night light.

twinkl.com