SS OSMUND & ANDREWS

Bedtime Checklist

Sleep Well • Feel Great • Learn Better!

A good night's sleep helps me be my best!

1. Get Ready for Tomorrow

Pack your school bag and lay out your uniform.

Being prepared helps mornings feel calm and easy!

2. Eat a Healthy Evening Meal

Enjoy a balanced dinner and drink water during the day.

Good nutrition helps your body and brain recharge.

3. Bath or Shower Time

Wash, change into pyjamas and get comfortable.

A warm bath can help your body get ready for sleep.

4. Brush Your Teeth

Brush for 2 minutes before bed.

Keep your teeth strong and healthy!

5. Enjoy a Quiet Activity

Read a book, listen to a story, colour or chat together.

Calm activities help your brain wind down.

6. Switch Off Screens

Turn off tablets, phones, TVs and games at least 1 hour before bedtime.

Less screen time helps you fall asleep more easily.

7. Relax and Talk

Share your favourite part of the day, say prayers if you wish, or talk about tomorrow.

Feeling calm and connected helps everyone sleep better.

8. Lights Out!

Try to go to bed at the same time every night.

Children need lots of sleep to learn, grow and stay healthy!

Don't Forget ...

- [x] Bedroom cool, quiet and comfortable
- [x] Favourite comfort toy if needed
- [x] Night light if it helps
- [x] Drink of water nearby
- [x] Consistent bedtime every night

NHS Sleep Tips for Children

NHS

- [x] Keep the same bedtime and wake-up time every day.
- [x] Start a calm wind-down routine 30–60 minutes before bed.
- [x] Turn off screens at least 1 hour before bedtime.
- [x] Choose quiet activities such as reading or listening to a story.
- [x] Make bedrooms cool, dark, quiet and comfortable.
- [x] Avoid sugary drinks, caffeine and large snacks close to bedtime.
- [x] A predictable routine helps children sleep better.

Sources: NHS – Sleep and young children (www.nhs.uk)
NHS – Healthy sleep routines (bedtotnchildrenshealth.nhs.uk)
NHS – Healthy Sleep (Child 5 to 12 years)

How Much Sleep Do Children Need?

Ages 5–11 years:
9–11 hours
of sleep every night

Good sleep helps with:

- Learning
- Memory
- Mood
- Behaviour
- Physical health

My Bedtime Success Tracker

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☆	☆	☆	☆	☆	☆	☆

Small bedtime habits make a **BIG** difference!

Together in Love, Growing in Faith,
A Journey of Hope

Sleep well tonight, shine bright tomorrow!

Be kind • Be respectful • Be your best!