

# Create a bedtime routine visual.

1. Print the blank bedtime routine template on page 2 and the images on pages 3-4.
2. Determine the steps of your bedtime routine.
3. Choose images that correspond to the steps of your bedtime routine. Cut them out.
4. Lay out the images in order on the blank template.
5. Tape or glue the images to the template.
6. Write in what time you will go to sleep.

If you have questions, please email Katie Frank, PhD, OTR/L at [katherine.frank@aah.org](mailto:katherine.frank@aah.org).

# My Bedtime Routine



Time: \_\_\_\_\_





shower



wash face



brush teeth



go to bathroom



wash hands



take medication



put on lotion



put on pajamas



choose clothes for  
the next day



eat a bedtime snack



read



write in journal



put away  
tablet/phone



listen to music



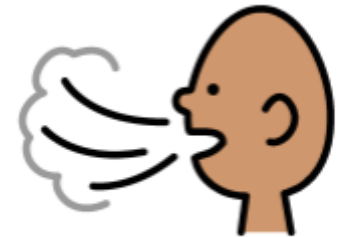
set alarm



stretch



pray



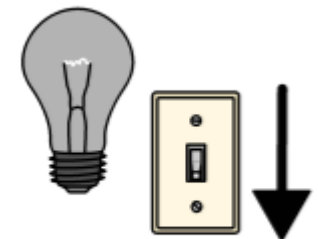
take deep breaths



get in bed



put on CPAP mask



turn off light