

My Bedtime Routine



shower



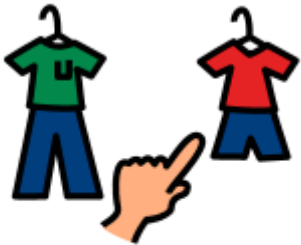
put on lotion



put on pajamas



brush teeth



choose clothes for the next day



put away tablet/phone



get in bed



put on CPAP mask



Time: 10:30 pm

