fitCLUB

Bedtime Routine Cards

fit

Turn off the screens.

fit tip

Turn off the screens and share a story.

Read a book.

fit tip

Read before bed to help your body and mind wind down.

Take a bath or shower.

fit tip

Take a warm bath to relax your body.

Change into pajamas.

fit tip

Keep your room sleep-ready, quiet, and uncluttered.

Brush your teeth.

fit tip

Make a bedtime routine. Follow it every night.

Drink a glass of milk.

fit tip

Drink a glass of milk before bed to help your stomach feel full for the night.

Listen to quiet music.

fit tip

Close your eyes and listen to calm music tonight.

Do calm, stretching exercises.

fit tip

Stretching can help calm your body and mind before you go to sleep.

fit

Say goodnight to family, pets, etc .

fit tip

Go to bed at the same time every night.

Go to bed to recharge.

fit tip

Get 9–12 hours of sleep to restore your body, mind, and energy.