



Tips for a Great Night's Sleep

1. Go to bed at about the same time every night
2. Read an enjoyable bedtime story or have an adult read to you
3. Do a quiet activity 1/2 hour before bed
4. Practice tensing and relaxing with nice deep and even breaths
5. Tell yourself positive thoughts and picture yourself in a favorite, peaceful place.
6. Ask your parent for some "tuck-in" time where you can be calm and feel supported
7. Put your worries away until the next day
8. Gather everything you want to have in bed with you (stuffed animal, doll, blanket)

A decorative border of handprints in white, blue, and orange surrounds the central text area.

Tips for a Great Night's Sleep

9. Take a warm bath about an hour before bed

10. Check out your room to make sure it feels safe and comfortable

11. Use a nightlight if that helps

12. Have a small glass of warm milk while you have your quiet reading or tuck-in time

13. Make sure your jammies are comfortable and the room temperature is just right

DON'T:

- ◆ *Get into fights before bed*
- ◆ *Start thinking about upsetting thoughts*
- ◆ *Watch scary TV or read scary books before bed*
- ◆ *Stay up too late*

HCSATS 2007