

Evening Habits, Bedtime Routine, and Sleep Environment

Calm evening environment	Calm activities. Avoid exercise, physical play, difficult activities, and caffeine.	  
	Turn down lights, close curtains and blinds.	
	Remove or turn down unnecessary sounds.	
	Remove access to "screens" 1 hour before bedtime.	
	Try to stay in one part of the house.	
Bedtime	Try to keep bedtime and wake time within a 30-minute window, even on weekends.	
	Consider moving bedtime later if your child is getting up/talking/playing a long time before falling asleep.	
Bedtime routine (15 min-1 hour before bedtime)	Identify 3-5 calming, preferred, and easy activities that can occur in the same order each night	   
	Move any difficult or exciting activities (such as bath if it's stimulating) to beginning of routine or out of routine.	
	Include any typical "stall" tactics into routine (getting a drink/snack, going to bathroom, etc.)	
	Consider using a visual schedule or other visual supports in routine and transition to bed	
Sleep Environment	Distractions – remove, put away or cover up any items your child may see from the bed that could tempt them to get up.	 
	Quiet - If sound is needed, should be consistent through the night (fan, white noise, etc.)	
	Dark room – darkening curtains, closing door, etc. If needed, use a dim and consistent night light far from your child's bed	
	Temperature – fan or heater. Most people sleep better if they are cooler.	
	Consider texture/weight/tightness of sheets, comforters, pajamas.	
	Toys in the bed – avoid toys/objects in the bed, or limit them. Movement in the night may disrupt sleep.	

