













Daytime Habits

Establish a consistent morning routine	Avoid snoozing!	
	Change out of sleep clothes as soon as possible.	
	Identify something active to do after waking up.	
	Abundant light in morning and throughout day. Natural sunlight is best. Be close to windows and turn on all the lights.	
	Plan a time to be outside early in the day.	
Daily exercise	Plan at least 30 minutes of purposeful exercise.	
Decrease or eliminate caffeine	Try to remove all caffeine from your child's diet, or at least decrease or move to earlier in the day.	
	Identify consistent time of the day.	
	If possible, have them occur in child's bed.	
	Make naptime environment same as nighttime.	
	Use the same visual supports and strategies used at night.	
	Have a naptime routine similar to bedtime routine.	
Eliminate naps, if not developmentally appropriate	Plan engaging activities during naptime.	
	Avoid naps after 4pm or longer than 45 minutes.	
Bedroom is for sleeping	Try to find new location for activities he/she is used to doing in his/her room.	
	Move toys, TV, etc. out of room, if possible. If not, move them out for play and store in room as far from bed as possible.	