



Sleep Checklist for Children

Getting a good nights' sleep is very important for many reasons. Sleep helps our bodies to heal and grow, it helps our brains to remember things and concentrate all day, and it helps with our ability to manage our feelings.

But did you know? The most important reason of all is that sleep helps your brain to clear out the stresses of the day. It vacuums out all the mess from things we have seen and heard all day long.

Have a look through the list below and check off any of these things that you think might help you get a better night sleep...

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|---|--|
| <input type="checkbox"/> Using a "white noise" app | <input type="checkbox"/> Having a snack |
| <input type="checkbox"/> Wearing comfortable pajamas | <input type="checkbox"/> Sucking my thumb |
| <input type="checkbox"/> Writing down my thoughts and worries | <input type="checkbox"/> Listening to music |
| <input type="checkbox"/> A clean bed | <input type="checkbox"/> Having a bath or shower |
| <input type="checkbox"/> A clean room | <input type="checkbox"/> Having some warm milk |
| <input type="checkbox"/> Practice deep, calming breaths | <input type="checkbox"/> Wishing on a star |
| <input type="checkbox"/> Saying a prayer | <input type="checkbox"/> Turning on a nightlight |
| <input type="checkbox"/> Reading to myself before bed | |
| <input type="checkbox"/> Having someone read to me before bed | |
| <input type="checkbox"/> Having a dream catcher to keep away bad dreams | |
| <input type="checkbox"/> Listening to an audiobook | |
| <input type="checkbox"/> A special blanket, toy, or doll to sleep with | What else might help? |
| <input type="checkbox"/> Snuggling with someone before bed | |
| <input type="checkbox"/> Going to bed at a reasonable time | |
| <input type="checkbox"/> Decorating my room with calm and happy things | |
| <input type="checkbox"/> Having a hug or kiss goodnight | |
| <input type="checkbox"/> Having a lullabye sung to me | |
| <input type="checkbox"/> Sticking to the same routine – do the same things in order every night | |

Adapted from *Bonnie Thomas (2009)*