

Bedtime routine

- Sleep lets your brain and body rest, helps you to grow and feel happy and healthy. Try to do the same things every night before you go to bed to help you sleep well.



1 Have a bath or shower



2 Go to the toilet



3 Put on your PJs



4 Story time



5 Brush your teeth



6 Bedtime

Find out more at:

www.york.gov.uk/SleepAdvice