

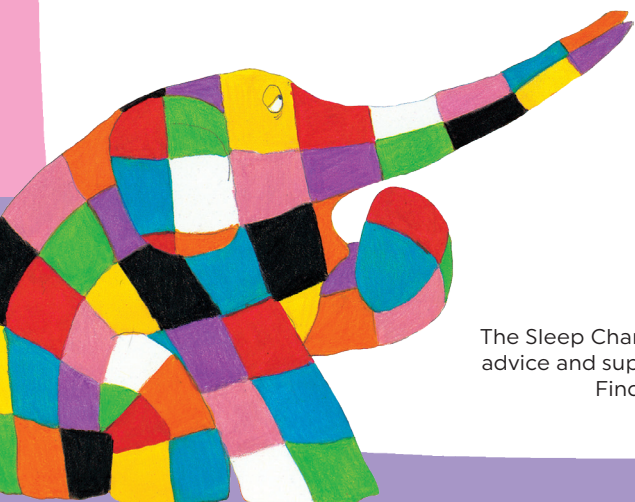
# ELMER'S Bedtime Routine Checklist

Who's getting ready for bed?

Are you ready to have a good night's sleep?

Follow the bedtime routine below and tick each one off as you go along.

- ☐ Tidy away your toys
- ☐ Dim the lights and turn off your devices ready for some quiet play
- ☐ Get your pencils ready and do some drawing or colouring, or do a jigsaw puzzle
- ☐ Time for a bedtime supper – nothing too chocolatey and not too much to drink!
- ☐ Bath-time! Make sure you clean behind your ears like Elmer!
- ☐ Get into your snuggly PJs
- ☐ Brush your teeth and go to the toilet
- ☐ Snuggle in bed to read a bedtime story. Why not get your favourite teddy and tuck them in bed for the story too?
- ☐ Sing teddy a song or lullaby
- ☐ Turn off the lights and get cosy
- ☐ Good night and sleep well



The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. Find out more: [thesleepcharity.org.uk](https://thesleepcharity.org.uk)

