

# Bedtime Routines are just for kids... wrong!

Find out why routines are great  
for your sleep too with the  
'Understanding Your Sleep' eBook



#letstalksleep



[thesleepcharity.org.uk/information-support/adults/adult-sleep-ebook](https://thesleepcharity.org.uk/information-support/adults/adult-sleep-ebook)

