My Sleep Routine Tracker

A calm bedtime, one little step at a time

Name: _____ Week of: _____

My bedtime goal: _____ My wake-up time: _____

MY BEDTIME STEPS	MON	TUE	WED	THU	FRI	SAT	SUN
1. Screens away	☐	☐	☐	☐	☐	☐	☐
2. Wash up + brush teeth	☐	☐	☐	☐	☐	☐	☐
3. Get ready for tomorrow	☐	☐	☐	☐	☐	☐	☐
4. Read or relax quietly	☐	☐	☐	☐	☐	☐	☐
5. Settle into bed	☐	☐	☐	☐	☐	☐	☐

REMEMBER

Tick the steps you complete. No need for a perfect week!

Grown-Up Guide

A simple routine that works for your family

How to use the tracker

1. Write your child's name and the week at the top.
2. Agree on a realistic bedtime and wake-up time for your child.
3. Follow the five steps in order, or adapt them to your family.
4. Tick each step as it is completed; the chart is not a sleep test.
5. Celebrate consistency and adjust the routine when needed.

What each bedtime step means

Screens away:
Put away phones, tablets and games before winding down.

Wash up + brush teeth:
Use the bathroom, wash up and brush teeth.

Get ready for tomorrow:
Lay out clothes and pack the school bag.

Read or relax quietly:
Try a book, soft music or calm breathing.

Settle into bed:
Dim the lights and get comfortable for sleep.

Make it age-appropriate

Ages 5-7: Guide your child through the steps together.

Ages 8-11: Encourage growing independence with gentle reminders.

Ages 12-15: Let older children personalise their wind-down routine.

Helpful reminders

Sleep needs differ by age and individual circumstances.

Avoid pressure to fall asleep quickly; focus on a calming routine.

For persistent sleep problems, seek advice from a healthcare professional.