*Mama, Be Sleepy*

**Creating My Ideal Bedtime Routine**

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| **Step 1:** My Nightly Bedtime Routine:  *Choose at least 5 activities I commit to doing every night* |
| 1.  2.  3.  4.  5. |

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| **Step 2**: Activities I’d Like to do Regularly  *Write down activities I’d like to do more regularly even though they may not be a part of my nightly routine* |
| 1.  2.  3.  4.  5. |

**Step 3:** Date I will begin and commitment to bedtime routine:

I will begin my bedtime routine on \_\_\_\_\_\_\_\_\_\_\_\_\_\_(date) and I will commit to trying it for a week. My routine begins at \_\_\_\_\_\_(pm) every night.

If I miss a night, I will try again the next night.

*Hint: Say this out loud to yourself*

**Step 4:** Tracking My Progress

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| **Date** |  |  |  |  |  |  |
| **Did bedtime routine? (yes/no)** |  |  |  |  |  |  |