

# Bedtime routine ideas for adults

Help yourself wind down physically and mentally with these top tips.

Visit the Oscar Kilo website to download other guides in our Better Sleep toolkit:  
[www.oscarkilo.org.uk/family-life](http://www.oscarkilo.org.uk/family-life)



**Practice mindfulness**



**Do some gentle stretching or yoga**



**Listen to music, or play an instrument**

**Switch off screens**



**Do a crossword or crafts**

**Prep or plan meals for tomorrow**



**Secure the home**

**Take care of personal hygiene**



**Read a book or magazine**

**Hug your family**



**Think of three things you're happy about or grateful for**



# Bedtime routine ideas for pre-school children

Helping your pre-schooler settle into a good bedtime routine can have a knock-on effect for you, as a settled child means more rest time for their parents! Follow these tips to help your child unwind physically and mentally.

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**Have a bath or shower**



**Dim the lights**



**Have some quiet playtime**



**Brush those teeth**



**Get tucked into bed with teddy**



**And relax!**

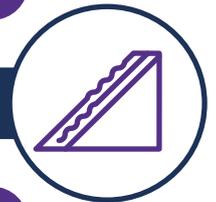
**Close the curtains**



**Get into pyjamas**



**Have a drink or light snack**



**Enjoy story time**



**Night light or darkness**



# Bedtime routine ideas for infants and toddlers

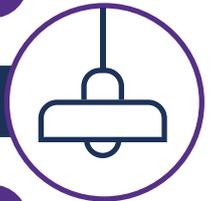
Helping your infant or toddler settle into a good bedtime routine can have a knock-on effect for you, as a settled child means more rest time for their parents! Follow these tips to help your child unwind physically and mentally.

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**Bath time**

**Dim the lights**



**Give baby a massage**

**Get baby into pyjamas or a sleep sack**



**Bedtime feed**

**Enjoy a short story together**



**Settle baby into bed**

**Sing or play a lullaby**



**Switch to night light or darkness**

**Play some white noise**

