



# Sleep Schedule



**Television off**



**Devices off**



**Bath/Shower time**



**Pyjamas on**



**Clean teeth**



**Quiet play**



# Sleep Schedule



**Story time**



**Use toilet**



**Say "Goodnight"**



**Into bed**



**Lights off**



**Morning time**



# Sleep Schedule



**Television off**



**Devices off**



**Bath/Shower time**



**Pyjamas on**



**Clean teeth**



**Quiet play**



# Sleep Schedule



**Story time**



**Use toilet**



**Say "Goodnight"**



**Into bed**



**Lights off**



**Morning time**