

A good night's sleep starts with a great bedtime routine.



When it comes to your sleep routine, consistency is key.

- Turn off screens and lower the lights about an hour before bedtime.
- Make sure the bedtime routine starts early enough so you can get the right amount of sleep each night.
- Do your bedtime routine in the exact same order every night.
- Track your completed bedtime activities. If you miss a night, pick it up again the next night.
- Aim to finish your bedtime routine around the same time each night, even on the weekends.
- Don't forget what you do during the day matters, too! Try to get out in the morning sunlight and incorporate some physical activity into your day to help promote better sleep.

Tips to make it stick:

- **Personalize the routine.** Anything that is calming and low light can be part of your routine, so choose activities you enjoy. Options include taking a hot bath or shower, reading, listening to calming music, coloring, journaling, light stretching, deep breathing exercises, etc.
- **Small changes add up.** If your current bedtime is later than it should be, try aiming to get in bed just 10 minutes earlier each week until you get to your target bedtime.
- **Don't give up.** Establishing a new routine is not easy. If you don't see positive changes right away remember to stick with it. It will take some time for your body to start associating this routine with sleep.

How much sleep is “enough”?

As we grow, the amount of sleep we need changes.

- For those 6 years or older, regular daytime naps are not typically needed.
- If you regularly get more or less than the recommended hours of sleep or if you are always tired during the day, talk to your doctor.



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Learn more at [geisinger.org/wual](https://www.geisinger.org/wual)

Age	Hours of sleep
Newborns (0 - 3 months)	14 - 17
Infants (4 - 11 months)	12 - 15
Toddlers (1 - 2 years)	11 - 14
Preschoolers (3 - 5 years)	10 - 13
School age children (6 - 13 years)	9 - 11
Teenagers (14 - 17 years)	8 - 10
Young adults (18 - 25 years)	7 - 9
Adults (26 - 64 years)	7 - 9
Older adults (65+ years)	7 - 8

Healthy sleep, healthier me

Month: _____

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	