Sleep Routine

- A healthy sleep routine is:
  - going to bed at the same time each night
  - falling asleep quickly
  - getting the right amount of sleep
  - waking up feeling good

- Our bodies and brains need lots of sleep to work properly. When we have a healthy sleep routine we can cope better with the day. We are better at solving problems, talking to people and we get less annoyed when things don't go right.

- We sleep better if we try to get to bed at usually the same time each day. This is because the body makes us sleepy at the same time each day.

- We usually fall asleep better if we have calm time for an hour before going to bed. Having a bath or shower, reading or listening to music are things that can help us to get ready for sleeping.

- A good sleep routine is good for our health. Trying to keep to our bedtime routine every night is best. But it is also OK if we sometimes change our routine because of family events and other special days.

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