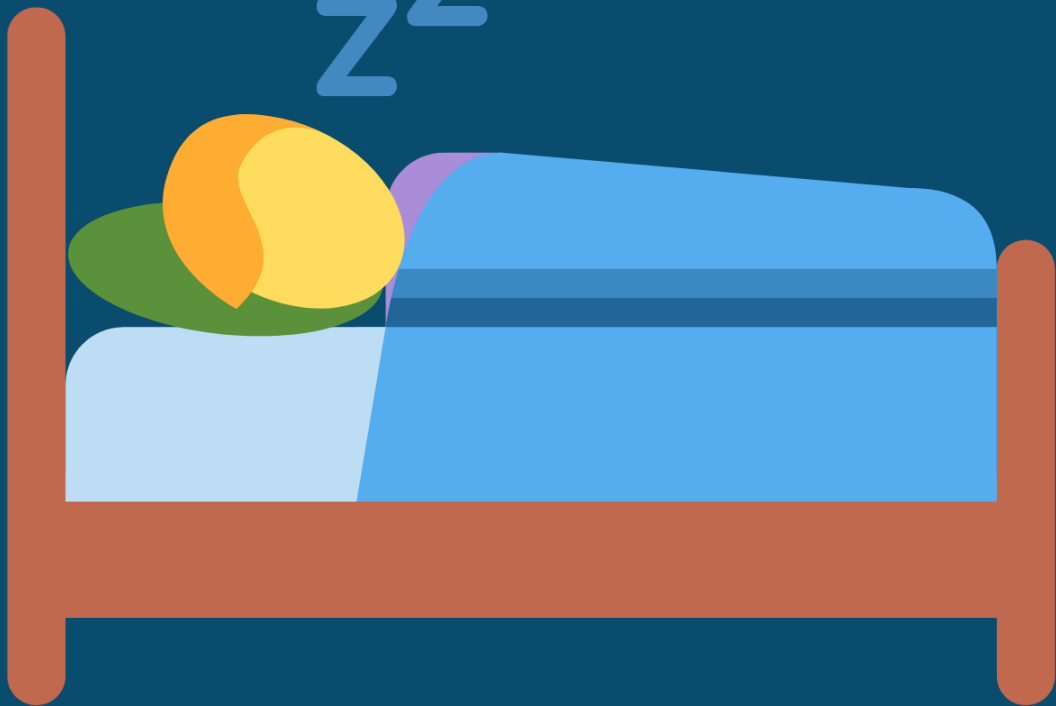


Bedtime Schedule

MY NIGHTLY ROUTINE



© Designed and Produced by Middletown Centre for Autism

Bedtime Schedule

1. Switch off TV/iPad/
monitor one hour
before bedtime



tick



2. Put my pyjamas on



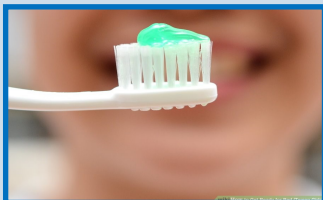
3. Calming activity - listen to some
relaxing music or do breathing exercises



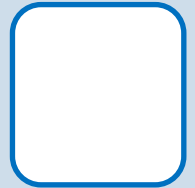
4. Go to the toilet



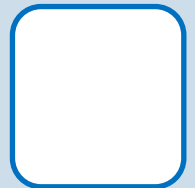
5. Brush my teeth



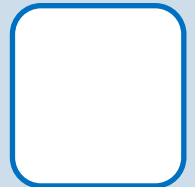
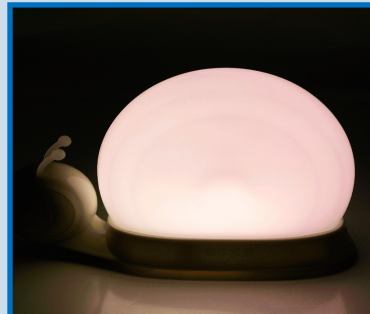
6. Set my alarm clock



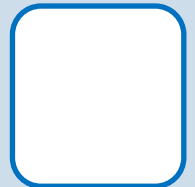
7. Pull over my curtains



8. Turn on night light



9. Switch off ceiling light



10. Sleep

