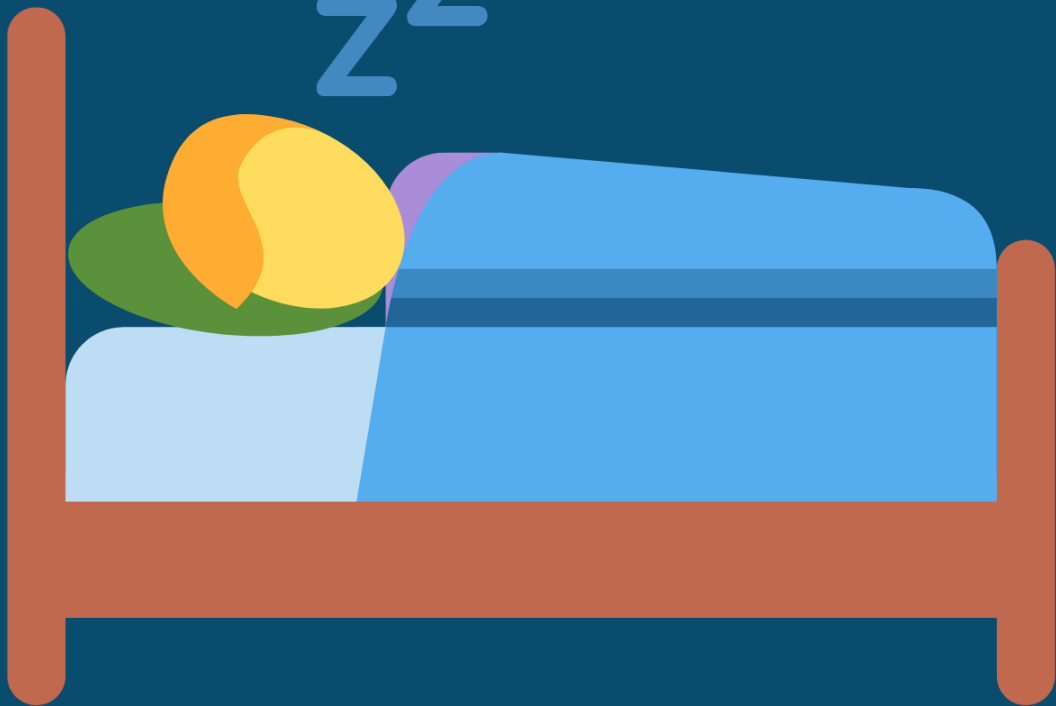


# Bedtime Schedule

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



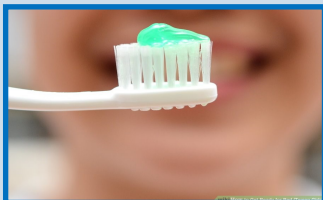
3. Calming activity - listen to some  
relaxing music or do breathing exercises



4. Go to the toilet



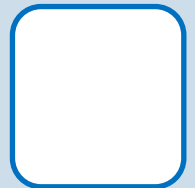
5. Brush my teeth



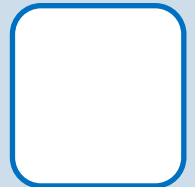
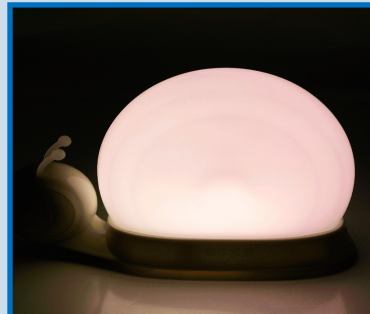
6. Set my alarm clock



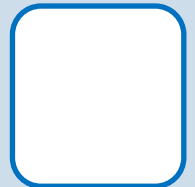
7. Pull over my curtains



8. Turn on night light



9. Switch off ceiling light



10. Sleep

