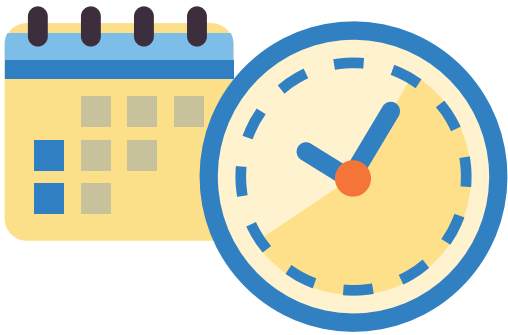# Sleep-Wake Routines

Why is having a Sleep-Wake Routine important?

A sleep-wake routine is important because it tells your body when it is time to go to bed and when it is time to wake up.

What is a Sleep-Wake Routine?

A sleep – wake routine is doing the same things at night before going to bed and in the morning when waking up.

Tips for a Helpful Sleep Routine

- Go to bed the same time every day, even on weekends! If you stay up late or sleep late, go to bed and wake within 1 to 2 hours of your regular sleep and wake times.

- Sometimes you might have to stay up later than 2 hours past your regular sleep time. When this happens:

  - ▶ Wake up within 2 hours of your regular wake up time to stay on schedule.
  - ▶ Go to bed at your regular bedtime the next day. You might feel tired and want to go to sleep earlier, but stay up to keep your internal clock on schedule.
  - ▶ Avoid staying up late – more than 2 hours past your regular sleep time – for two nights in a row because this may make it even more difficult to go to sleep on time the next few days.

- Turn off electronics 30 minutes before bed.

- Finish activities, like homework, at least 30 minutes before bed.

- Use a mind-body technique like Mindful Breathing, Acupressure or Tapping 30 minutes before bed.

Tips for a Good Wake Routine

- Wake up at the same time every day, even on weekends!

- Get up as soon as your alarm goes off. If you need to, put the alarm on the other side of your room so you have to get out of bed to turn it off. Do not hit snooze!

- Turn on the lights or open the blinds/curtains – the light tells our bodies it is morning and time to wake up.

- Do activities that help you wake up, like taking a shower, brushing your teeth, or exercising.

- Do 5 minutes of Mindful Breathing.

My New
Sleep-Wake
Routine

- I will finish my homework and all other activities (including putting away my devices) at least 30 minutes before bedtime, This time for me will be: _____

- I will do the following things in this order to help me wind down as part of my sleep routine:

_____

_____

_____

_____

_____

_____

- My lights-out time on **school nights** is: _____

- My wake-up time on **school nights** is: _____

- My lights-out time on **weekends** is: _____

- My wake-up time on **weekends** is: _____

- I will do the following things in this order to help me wake up as part of my wake routine:

_____

_____

_____

_____

_____