



My wind down plan

What keeps you from going to sleep on time?

Put checks in the boxes.

- using a computer or tablet right before bedtime or while in bed
- texting friends right before bedtime or while in bed
- watching television right before bedtime
- staying up late to finish homework
- eating a big snack right before bedtime

Other things that keep you from going to sleep on time:

Fill in the blank

When I stay up too late, I feel...

My plan

Time to bed (at night): _____

Time out of bed (next morning): _____

Wind down start time: _____

Remember to

- turn off all screens at least 30 minutes before bedtime
- relax for at least 30 minutes before bedtime
- get ready for bed

Come up with your own plan for a wind down. We got you started. What ideas do you have?

1. **I'll get started with my homework by 6:00 pm.** _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____