



REVIEW CHECKLIST

For adjusting sleep and wake schedules

- Do I know what I want bedtime to be like, and if applicable, did I discuss and agree on a bedtime routine with my spouse/partner?
- Do I implement change slowly, especially when it comes to bedtime?
- Do I provide my child's body and brain with enough fresh air and oxygen during the day?
- Do I use a visual schedule, homemade or store bought, to help make bedtime predictable for my child?
- Do I address any anxiety my child might have accumulated during the day, and try to minimize it with soothing activities?
- Do I honor nightly rituals, such as a bedtime story, yet set limits when time is up?
- Do my children have a "bedtime" for screen machines?
- Do I attend to my child's sensory needs before bed, and follow a sensory diet if needed?
- Do I schedule a visit with my child's pediatrician (health care provider) if all my strategies have not been successful?
- Did I make an effort to shift my morning wake up to an earlier time, if needed?
- Did I change my bedtime to allow for a calmer and earlier start to the day?
- Did I shift my beliefs and mindset to make change possible?