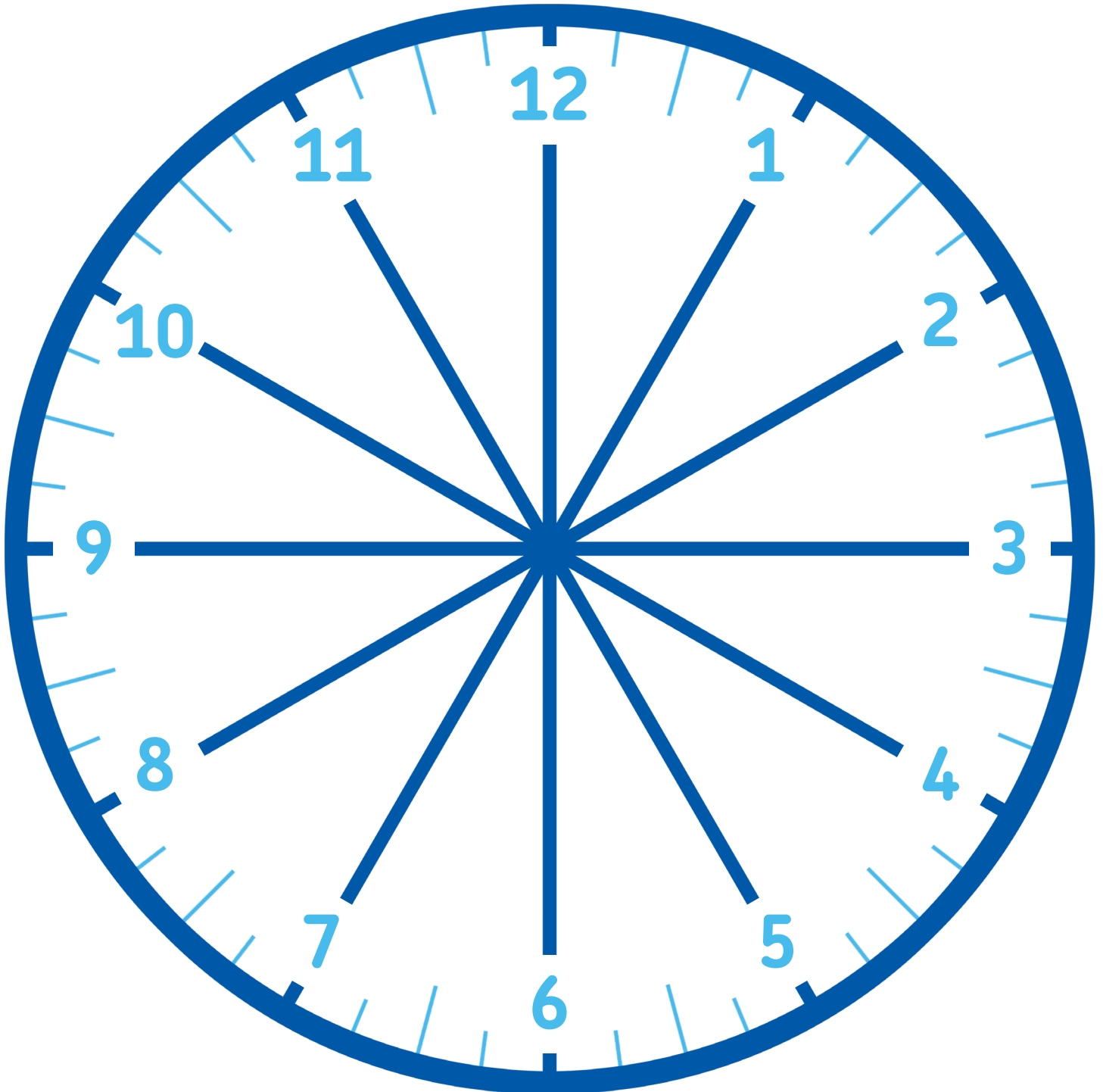


Name _____

Sleep Calculator

Color in each section of the clock between your bedtime and the time you wake up. Then count how many pieces are filled in to find how many hours you sleep each night.



Name _____

Bedtime Routine

Look at the list of bedtime activities. Put a check mark next to the activities that you will include in your bedtime routine. Mark the boxes at the bottom for each night you complete your routine.

- Have a snack
- Take a shower or bath
- Put on pajamas
- Comb hair
- Brush teeth
- Read quietly
- Say good night
- Draw or color a picture
- Lay out clothes for morning
- Wash hands and face
- Listen to a story
- Do a puzzle
- Listen to calm music
- Lights out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

