

**Go to bed
at the same
time every
night**

**Wake up at
the same
time every
morning**

**Exercise in
the early
part of the
day**

**Relaxing
activities
before
bedtime**

Keep cool

**Only get in
bed when
tired or
sleepy**

**Get out of
bed if
unable to
sleep for 20
minutes**

**Healthy
sleep for
healthy
kids!**