

My Bedtime Chart

Bedtime routine	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Sleep in bed all night							
Stay quiet all night							
Stay in bed until morning				519 - 221 -	7338 betterbedtirr	ne.ca sleep@better	bedtime.ca

