

Bedtime routine builder.

Six routine templates by age. Pick yours, print it, tick the boxes nightly. The same sequence in the same order is what trains the brain to predict sleep — consistency beats duration.

NEWBORN (0-3 MO)

20 MIN TOTAL

- | | | |
|-------|----------------------------|--------------------------|
| 0 min | Dim all lights | <input type="checkbox"/> |
| 5 | Diaper change + sleep sack | <input type="checkbox"/> |
| 10 | Final feed (slow, calm) | <input type="checkbox"/> |
| 18 | Burp + brief cuddle | <input type="checkbox"/> |
| 20 | Drowsy but awake → crib | <input type="checkbox"/> |

INFANT (4-12 MO)

25 MIN TOTAL

- | | | |
|-------|--|--------------------------|
| 0 min | Bath (3-4 nights/week, not nightly) | <input type="checkbox"/> |
| 8 | Lotion + PJs + sleep sack | <input type="checkbox"/> |
| 15 | 1-2 short books, dim light | <input type="checkbox"/> |
| 20 | Final feed (cap at 8 min if breastfed) | <input type="checkbox"/> |
| 23 | 1 lullaby | <input type="checkbox"/> |
| 25 | Crib, awake | <input type="checkbox"/> |

TODDLER (1-3Y)

30 MIN TOTAL

- | | | |
|-------|--------------------------------------|--------------------------|
| 0 min | 5-min warning ('almost bath time') | <input type="checkbox"/> |
| 5 | Bath | <input type="checkbox"/> |
| 12 | PJs + teeth + potty | <input type="checkbox"/> |
| 18 | 2 books (their choice within limits) | <input type="checkbox"/> |
| 26 | 1 song or quiet talk | <input type="checkbox"/> |
| 30 | Lights out, parent leaves | <input type="checkbox"/> |

PRESCHOOL (3-5Y)

30 MIN TOTAL

- | | | |
|-------|------------------------------------|--------------------------|
| 0 min | Dinner ends, no screens after this | <input type="checkbox"/> |
| 5 | Bath | <input type="checkbox"/> |
| 15 | PJs + teeth + potty | <input type="checkbox"/> |
| 20 | Quiet play OR 1 chapter book | <input type="checkbox"/> |
| 27 | Hugs + 'one thing about today' | <input type="checkbox"/> |
| 30 | Lights out | <input type="checkbox"/> |

SCHOOL-AGE (6-12Y)

35 MIN TOTAL

- | | | |
|-------|---|--------------------------|
| 0 min | Devices in family charger (NOT bedroom) | <input type="checkbox"/> |
| 5 | Shower | <input type="checkbox"/> |
| 15 | Teeth + skincare + PJs | <input type="checkbox"/> |
| 20 | Reading time (own book, dim lamp) | <input type="checkbox"/> |
| 30 | Brief check-in / hug from parent | <input type="checkbox"/> |
| 35 | Lights out | <input type="checkbox"/> |

ADULT

45 MIN TOTAL

- | | | |
|-------|--|--------------------------|
| 0 min | Last screen + caffeine cutoff already done | <input type="checkbox"/> |
| 5 | Tomorrow's clothes + bag prepped | <input type="checkbox"/> |
| 10 | Skincare + teeth | <input type="checkbox"/> |
| 20 | Reading or audio (no laptop) | <input type="checkbox"/> |
| 35 | Bedroom 18-19°C, dim lamp only | <input type="checkbox"/> |
| 40 | 4-7-8 breathing × 4 cycles | <input type="checkbox"/> |
| 45 | Lights out | <input type="checkbox"/> |

Three rules for any age:(1) Same order every night — the brain's clock cares about sequence, not the activities themselves. (2) Final 30 min in dim light — bright bathroom lighting undoes the routine. (3) End in the bed/crib where the child will sleep — moving them later breaks the association.