



Be Pain Smart – Sleep

My plan for a bedtime routine

Start your bedtime routine 30-60 minutes before you go to bed.

It helps to do your routine at the **same time** and in the **same order** every night.

Keep it simple and start small. You might start with just one idea (see below) and then add another part every few days.

Be patient, as it can take about two weeks for your body to start to learn these cues and respond to your new plan.

Remember the things in your bedtime routine should be simple and calming to help you wind down.

Some routine ideas

- Turn off all devices such as the TV, radio, tablets and phones at least one hour before bed
- Read a relaxing book
- Write a to do list or plan for tomorrow
- Have a hot shower or bath
- Brush your teeth
- Listen to relaxing music
- Get your clothes ready for tomorrow
- Meditate.



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My bedtime routine

Remember to keep it simple, start off small and grow your routine over time.

Ask for help
 Two heads are better than one.
 Ask a carer or friend to help you come up with a routine that will work for you.

STEP 1	
STEP 2	
STEP 3	
STEP 4	
STEP 5	

Remember to **be patient** – it can take about two weeks for your body to start to learn these cues and respond to your new routine.