

My Bedtime Routine

A free printable social story for ages 3-7

A consistent bedtime routine is one of the most effective supports for children who struggle with sleep, including many children with autism and ADHD. This story previews the routine from bath to lights-out so each step signals what comes next. Read it early in the evening while your child is still alert, not at the final tuck-in.

Every night, my body needs sleep to grow and feel good.

My bedtime routine helps my body get ready to rest.

First, I might take a bath or wash my face.

Then I put on my pajamas.

I brush my teeth so they stay clean while I sleep.

I can use the toilet one more time.

Then comes my favorite part: a story or quiet cuddle time.

After the story, my grown-up tucks me in and says goodnight.

The lights turn off, but I am safe in my bed.

My grown-ups are close by while I sleep.

If I wake up in the night, I can hug my stuffed animal and rest again.

Sleep helps my brain and body get strong for tomorrow.

In the morning, I will wake up and see my family again.

Tips for Reading This Story Together

- Keep the routine in the exact same order every night; the sequence itself becomes the sleep cue.
- Make a photo chart of your child's own routine steps and let them move a clip or magnet down the list.
- Start winding down 30 to 60 minutes before lights-out, with screens off for at least the last half hour.
- If your child pops out of bed, walk them back calmly with minimal talk, repeating one line from the story.

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