

Chance's Bedtime Routine

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For Chance, bedtime was always so difficult, she had the toughest time falling asleep. She'd toss and turn, and turn and toss, laying in bed, oh so bored!

Chance's bedtime was 8pm, since she was 8 years old. Every night, her mom would prepare a bedtime snack (crackers and peanut butter were her fave), then her dad read her a book, dim the lights, tuck her in, and finish with a kiss on the forehead.

Even though she felt calm and relaxed, Chance didn't feel tired. She tried all of the tricks to make her sleepy:

- Counting sheep
- Breathing slowly
- Closing her eyes and thinking of happy thoughts
- Humming her favourite songs

But nothing worked.

Nothing.

She would lay in her bed for what felt like hours before finally falling asleep. So one morning, Chance told her mom about this problem. Her mom said, "well, honey, it sounds like you need a new bedtime routine"

"What's a bedtime routine?", asked Chance.

Chance's mom explained that a bedtime routine is simply a list of things to do before going to bed that help your body get ready for sleep. Everybody has a different bedtime routine, and things that work for one person might not work for another. That's why it's important to figure out what works for *you* and stick to it.

So Chance's mom sat down with her at the table and made a list of things that Chance thought would help make her feel sleepy:

1. Taking a warm bubble bath
2. Listening to video game theme music
3. Stretching
4. Drinking hot chocolate
5. Writing in her diary

Now it was time to create a routine that worked. Chance's mom said that it might take a couple of tries to find the perfect combination.

Night one:

At 7pm, Chance did some stretching (following along to a YouTube video) and drank a big cup of hot chocolate before getting in bed. She then enjoyed a bedtime story, and getting tucked in with a kiss on the forehead to seal the deal. She felt so comfy, cozy, and warm - and fell right asleep, BUT she woke up at 11pm because she had to use the bathroom! That big cup of hot chocolate made her have to pee so bad

Night two:

At 7pm, Chance did her stretches, drank a *smaller* cup of hot chocolate, read a book with her dad, got tucked in, a kissy poo on the forehead, then turned on video game theme music with the volume super low. Ahhhh she was so sleepy BUT the music reminded her of her favourite videogames. Her mind started racing, so she snuck out of her bed, tiptoed to the shelf, grabbed her nintendo switch and played video games instead of sleeping. Needless to say, she didn't end up falling asleep until 2am!

Night three:

They say the third time's a charm.. let's see about that. On the third night at 7pm, Chance decided to stretch, take a warm bubble bath, drink a small cup of hot chocolate, and write in her diary before getting tucked in. Within minutes, she was fast asleep! Chance finally found a routine that helped her fall asleep, and stay asleep.

The next morning, Chance woke up refreshed and ready to take on the world. Sleeping was no longer a problem for her, and it felt great!

QUESTIONS:

1. When you have trouble going to sleep, what do you do?
2. What is your bedtime routine? Would you ever change anything about it?
3. What are some things that make you feel calm and cozy?
4. What is your favourite snack to have before bedtime?