**Melatonin Boosting Bedtime Routine**

Begin the routine 1hr before bedtime

Shut the curtains & turn down the light

Lowering the light level signals the brain that it will soon be time to sleep



Turn off the TV and all screens

Blue light from the screens breaks down melatonin



Have a Sleepy Snack

Foods containing Tryptophan make us sleepy



Quiet playtime

Activities where we need to focus on our hands make us sleepy



Bath/Shower & get ready for bed

As the body cools down after the bath/shower our bodies make melatonin



Story Time

Goodnight, it’s time to go to sleep