

How to get ready for sleep

First, undress and fold your clothes into a neat pile.

Then, enjoy a warm shower or bath.

After that, snuggle into bed and cuddle your favourite soft toy.

Afterwards, read or listen to a bedtime story.

Then, put on your clean pyjamas.

Next, brush your hair and your teeth.

Finally, let a grown up turn off the light so you can go to sleep.

