

Bedtime Routine Builder for Neurodivergent Kids

Create a consistent, sensory-aware wind-down routine that communicates safety and signals sleep to your child's nervous system.

Name: _____ Date: _____ Clinician: _____

Purpose: Sleep is particularly challenging for many neurodivergent children. A consistent, predictable bedtime routine communicates safety to the nervous system and signals that sleep is coming. This builder helps you create a routine tailored to your child's specific needs.

OUR SLEEP CHALLENGES

	Never	Rarely	Sometimes	Often	Always
My child has significant difficulty falling asleep			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child resists the bedtime routine			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sensory issues affect my child's ability to sleep (clothing, sounds, light)			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child's thoughts race or anxiety spikes at bedtime			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child wakes frequently during the night			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen time before bed significantly affects sleep quality			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BUILDING OUR ROUTINE

Design a 30–60 minute wind-down routine. Keep it consistent — same order, same time:

60 min before bed	Wind-down begins — screens off, lighting dims:	_____
45 min before bed	Calming activity (bath, gentle play, reading):	_____
30 min before bed	Personal hygiene routine (brush teeth, wash face):	_____
20 min before bed	Pyjamas on — sensory check (comfortable clothing?):	_____
15 min before bed	Connecting time (story, conversation, cuddle):	_____
10 min before bed	In bed — regulation activity (breathing, body scan, quiet music):	_____

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Lights out

Final transition — what helps my child settle:

REFLECTION & INTEGRATION

Sensory accommodations our bedtime routine includes:

What to do if my child cannot settle — our calm response plan:
