



DOC PARSLEY'S™ **Kids**
SLEEP REMEDY

Doc Parsley's Sleep
Optimization Checklist and
Sleep Wake Diary for Kids!

Better Sleep For Your Whole Family

Getting quality sleep consistently has tons of health benefits. In fact, we should be placing as much, if not more, importance on sleep than we do with nutrition and physical fitness. But getting great sleep does not happen overnight. It takes practice. But once you nail down the nighttime routine, you will be well on your way to enjoying the many mental and physical benefits of getting restorative, rejuvenating sleep.

We've provided a sleep optimization checklist to help you get into the routine. We've also added a daily journal and weekly sleep tracker to help you keep track of your progress. Work on this daily with your child and keep this up for a few weeks. You will feel the difference!

Sleep Optimization Checklist

- ◆ Pick a bedtime and a wake-time for your child to stick to for at least several weeks
- ◆ Set a nighttime alarm so you know when to start the ritual
- ◆ At least 3 hours before bedtime, start blocking all blue light (blue blocking glasses are a big help!)
- ◆ Decrease mental stimulation. This means no TV, no Mensa puzzles, no video games.
- ◆ This is a good time for coloring or talking amongst family members
- ◆ Lower body temperature for sleep (taking a bath is a great way to do this, also adjust the thermostat between 64 - 68 degrees Fahrenheit)
- ◆ When your night-time alarm sounds, begin your bedtime preparations and be in bed, ready to sleep no later than your bedtime.
- ◆ Remove any items that will tell you the time or display light during your sleep time (toys, tablet, clocks, etc.). Place your morning alarm out of sight (under a towel, in your drawer, under the bed).
- ◆ When your morning alarm goes off the next day, fill out your Sleep/Wake diary for the day

Sleep/Wake Diary: Morning



Morning questions

Factors that could have affected my sleep:

For example, I drank soda before bed or left my closet light on

I feel:



Refreshed



Okay



Tired

Things that interrupted my sleep:

For example, outside noise

Things I did an hour before going to bed:

What things can I do today to improve my sleep tonight?

For example, turn off the video game earlier

Sleep/Wake Diary: Night

Evening questions

Did I take a nap?

If so, how long was it?

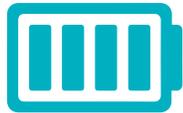
How much time I exercised today

Number of sugary or caffeinated drinks today

My mood today was:



My energy levels today:



Weekly Sleep Diary

M T W TH F SA SU

Naptime

Nap length

Bedtime

#of times woken up

Time awake

Total hours slept

	M	T	W	TH	F	SA	SU
Naptime							
Nap length							
Bedtime							
#of times woken up							
Time awake							
Total hours slept							

Experience the true impact from your child getting deep, rejuvenating sleep. Learn more at DocParsley.com