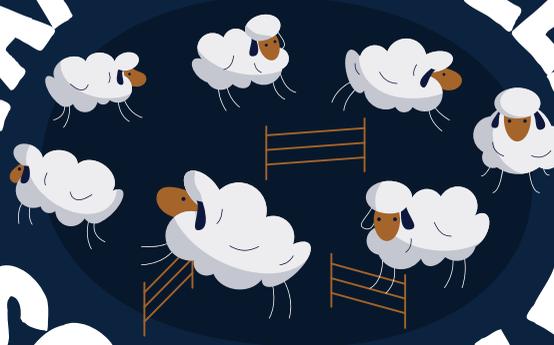


# FAMILY SLEEP SCHEDULE

A circular illustration featuring several white sheep with orange faces and legs, some standing and some lying down. They are enclosed in a simple wooden fence. The illustration is set against a dark blue background that forms part of the overall graphic design.

## **PRIORITIZE SLEEP**

Adequate rest helps with family relationships, communication, and productivity.

## **CREATE A SLEEP ROUTINE**

Be consistent, even on the weekends, to get more quality sleep.

## **TURN OFF SCREENS**

Blue light disrupts sleep; set a time for screens to be powered down.

## **GET MORNING LIGHT EXPOSURE**

Open curtains, take a walk, have the kids check on the flowers or bird feeder to wake the body up.

## **CREATE SCREEN-FREE ZONES**

Keep all screens out of the bedroom. Create hard stops. Stop working on tasks at designated times to allow time to unwind and recharge.

## **DON'T STRESS**

Let your children know—and remember—a poor night of sleep is a short-term problem.

## **LEVERAGE DIFFERENT SLEEP TIMES**

Assign morning routines for those who go to bed earlier and night routines for those who go to bed later.

## **BUY SLEEP TIME**

If affordable, consider paying others to complete routine tasks, like housekeeping, lawn care, or grocery delivery.



For more ideas on building your family sleep schedule, speak to Semper Fit's Sleep and Performance Education team.