

Bedtime Routines

It is nighttime. It is time to get ready for bed.



Reading Comprehension

What is the story about?



What would you do to get clean before bedtime?



What do you wear to bed?



Where do you go to sleep at night?



What do you listen to at bedtime?



What do you use to keep your teeth clean?



Sleep Bedtime Reader

Dr. Michael Breus



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