



# SLEEPING CHART



Drink of water



Stretch



Bedtime story



Share memories



Make sure the house is safe



Watch a short video



Relax with a pet



Grab a stuffed animal or comfort item



Enjoy a small snack



Go to the bathroom



Pray



Cuddle



Turn on a night light



Listen to relaxing music or sounds



Deep breaths or meditate



Making your own suggestion



**RADICAL GRIEF**  
YOUR GRIEF AND LOSS CONSULTING AGENCY