

The 10-Minute Bedtime Routine & 30-Day Sleep Star Tracker

Printable Visual Schedule & Daily Story Star Coloring Chart

The 4-Step Evening Countdown

Timing	Milestone	Action
T-60 min	Digital Sunset	Turn off all TVs, tablets, and phones. Switch to warm amber bedside lamps.
T-30 min	Calming Snack & Wash	Warm milk with a Moroccan date or herbal chamomile tea. Wash hands and face with warm water.
T-15 min	Pajamas & Bedroom Cozying	Put on soft pajamas, pack toys into the evening basket, adjust room temperature to 19°C (66°F).
Bedtime	Qisati Audio Story	Launch a calibrated Moroccan Darija story on qisati.ma. Place phone face-down; let audio timer fade out.

30-Day Screen-Free Bedtime Challenge

Color in or place a gold star sticker on each day your child completes their screen-free bedtime routine!

★ 1	★ 2	★ 3	★ 4	★ 5	★ 6	★ 7	★ 8	★ 9	★ 10
★ 11	★ 12	★ 13	★ 14	★ 15	★ 16	★ 17	★ 18	★ 19	★ 20
★ 21	★ 22	★ 23	★ 24	★ 25	★ 26	★ 27	★ 28	★ 29	★ 30

Start Tonight's Bedtime Story

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