



Catch Some ZZZs



Start Here!



Your name



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Help your kids learn to sleep through the night with this reward chart. Decide on a tangible prize together to reinforce good behavior and help them see their actions have consequences, good ones too. Let them check off a box each time they make it through the night without a 2 am wake-up call. Praise good nights of sleep and be their cheerleader as they work toward the prize. For more sleep advice, visit www.zarbees.com.



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Fill up your sleep chart and earn a prize!

Your name

[Blank white area for writing a name]



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1 2 3 4 5 6 7

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