



My Sleep Star Chart



Color in a star for every goal you meet at bedtime

Name:

Week of:

Mon

Tue

Wed

Thu

Fri

Sat

Sun



I stayed in my bed at bedtime



I was quiet after lights out



I slept in my own bed all night



.....



7 star nights = my reward:

A night counts once every circle in that column is colored. Pick the reward together before the week starts — a park trip, a new bedtime story, extra pages tomorrow night.



Grown-ups: cross out any goal that doesn't fit your kid, and use the blank row to write your own. Keep goals about what your child can *choose* to do — staying in bed, staying quiet — never how fast they fall asleep.