GOOD NIGHT

I CAN BEAT INSOMNIA!

Date: _____

Today Was:
- ❏ Great
- ❏ Poopie
- ❏ Fun
- ❏ Just Okay
- ❏ Good
- ❏ Yucky
- ❏ Bumpy
- ❏ Crazy
- ❏ Other _____
- ❏ Quiet
- ❏ Not so Good
- ❏ Calm

The Weather is: ❏ Other _____

My Anxiety Level about Sleeping is:

Bedtime Hygiene Steps Taken: ❏ Bath ❏ Washed Behind Ears ❏ Brushed My Teeth ❏ Flossed

Bedtime Relaxation Steps Taken:
- ❏ Read
- ❏ Massage
- ❏ Practiced Breathing Exercises
- ❏ Other _____
- ❏ Meditation

Bedtime Security Steps - Cuddled with: ❏ Mom ❏ Dad ❏ 🐕 ❏ 🐈 ❏ Other _____

My Room is: ❏ Quiet ❏ Dark ❏ Calm ❏ Other _____

Good Night:
- ❏ Today
- ❏ Friends
- ❏ Mom
- ❏ Everything
- ❏ Dad
- ❏ Everybody
- ❏ Grandma
- ❏ Other _____
- ❏ Grandpa

Tonight I Want to Dream About:

Tomorrow I Look Forward to: