



If your child sometimes has trouble sleeping, give these healthy habits a try

- Have dinner at least 2 hours before bedtime
- End their screen time at least 1 hour before bedtime
- Set a regular bedtime routine
- Keep the same bedtime and wake-up time for your child every day
- Put your child to sleep in their own bed
- Keep your child's room dark, quiet, and cool
- Avoid giving your child anything with caffeine, like soda or chocolate, in large quantities or late in the day



Use these tips along with Zarbee's Naturals Children's Sleep with Melatonin supplements to safely help your child get a good night's sleep*

For peaceful sleep* ...and peace of mind Zarbee's[®] Naturals Children's Sleep with Melatonin

For children ages 3 and up

- Helps your child fall asleep without next-day grogginess*
- Drug-free and non-habit forming
- Works with the body's natural cycle
- Made with high-quality melatonin
- Great-tasting flavors
- No alcohol, artificial flavors, or gluten



Visit [Zarbees.com](https://www.zarbees.com)

to find out more about our safe, drug-free products

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.