



Build a healthy bedtime routine for sweet dreams

Here are some simple ways to create a healthy bedtime routine

- Give your child a warm bath, which can help make them feel sleepy
- Set a 1-hour “wind-down” time before bed: no video games, phone, computer, or exercise
- Avoid letting your child fall asleep somewhere other than their bedroom



Try Zarbee’s® melatonin-free Gentle Bedtime solutions

- Safe and effective botanical products to help children unwind and relax before bed*
- Helps develop a healthy bedtime routine

How to use Zarbee’s® Gentle Bedtime products

Children’s Gentle Bedtime Spray

- For all ages
- Made with lavender and chamomile
- Spray in room before nap or bedtime

Children’s Gentle Bedtime Syrup and Gummies

- Made with chamomile
- Melatonin-free

Zarbee’s® Children’s Gentle Bedtime Gummies

3-6 years	1 gummy
7-12 years	2 gummies

Give 30 to 60 minutes before bedtime.

Zarbee’s® Children’s Gentle Bedtime Syrup

2-3 years	5 mL
4-12 years	10 mL

Give 30 to 60 minutes before bedtime.



Learn more at Zarbees.com



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