

Sweet Dreams, No Drama

BEDTIME SURVIVAL COUPONS *to calm the chaos*

HOW IT WORKS



Step 1: Print, Cut & Keep

Print out the coupons you want. Carefully cut out each coupon and keep them in a special place—like a jar, envelope, or “Bedtime Bank.” (pages 2–4 Made For You Coupons, pages 5–8 Fill In Your Own Coupons)



Step 2: Choose Your Coupon

Each night, choose ONE coupon to use at bedtime.
Pick wisely... once it's used, it's gone!



Step 3: Use It at the Right Time

Coupons must be used before lights out—not after bedtime begins.



Step 4: Parents Are the Boss

All coupons are subject to parent approval.
Parents have the final say (always 😊).



Step 5: Earn More Coupons

Blank coupons have been added with the font, size, & case so you can create your own! Write them in by hand or edit on Canva (or any other PDF/photo editing tool that adds text!)

COUPONS CAN BE:

- Earned for good behavior
- Given as rewards
- Refilled weekly (house rules!)
-



IMPORTANT RULES

- One coupon per night (unless parent says otherwise)
- No arguing or negotiating after using a coupon
- Misuse = coupon is lost



REMEMBER

These coupons are here to make bedtime:

- Easier
- Calmer
- More fun for everyone



BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

WINE-O-CLOCK

1 Hour Wine Drinking Extension

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

SLEEP DUTY SWAP

You Handle the Wake Ups Tonight

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

BEDTIME DJ

My Choice of Music for Bed

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

FOOT MASSAGE

Relaxing Foot Massage Before Bed

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

QUIET ZONE ENFORCEMENT

Enforce Silent Sleep
No Late Night Snack & No Light Flicks

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

MY CHOICE

Whatever I Say Goes

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

NIGHT OWL REPRIVE

Stay Up Late, No Alarms,
No Judgement

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

DATE NIGHT

Home Date Night After Kids Go to Bed

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

QUIET TIME

20 Minutes of Silence

BEDTIME SURVIVAL COUPON

*Goodnight,
Sleep Tight*

*Maternal
Menace*

SELF-CARE

1 Hour in the Bathroom/Bedroom Alone,
Keep the Kids Out

BEDTIME COUPON	
NO BEDTIME BATTLE	
<i>Goodnight</i> <i>Sleep tight</i>	Skip the tatum tonight
NO EXPIRATION DATE	

BEDTIME COUPON	
SLEEP NINJA	
<i>Goodnight</i> <i>Sleep tight</i>	Sneak to bed like a ninja- Don't get caught!
NO EXPIRATION DATE	

BEDTIME COUPON	
PAJAMA BOSS	
<i>Goodnight</i> <i>Sleep tight</i>	You are in charge of bedtime tonight
NO EXPIRATION DATE	

BEDTIME COUPON	
SLEEP IN PASS	
<i>Goodnight</i> <i>Sleep tight</i>	Sleep in 1 hour late
NO EXPIRATION DATE	

BEDTIME COUPON	
CUDDLE SESSION	
<i>Goodnight</i> <i>Sleep tight</i>	Extra cuddles before bed- No complaints!
NO EXPIRATION DATE	

BEDTIME COUPON	
QUIET TIME	
<i>Goodnight</i> <i>Sleep tight</i>	10 minutes absolute silence
NO EXPIRATION DATE	

BEDTIME COUPON	
SKIP LULLABY	
<i>Goodnight</i> <i>Sleep tight</i>	No singing tonight
NO EXPIRATION DATE	

BEDTIME COUPON	
NO QUESTIONS	
<i>Goodnight</i> <i>Sleep tight</i>	No ???s after lights out
NO EXPIRATION DATE	

BEDTIME COUPON	
NO COMPLAINTS	
<i>Goodnight</i> <i>Sleep tight</i>	No complaining tonight
NO EXPIRATION DATE	

BEDTIME COUPON	
MY CHOICE	
<i>Goodnight</i> <i>Sleep tight</i>	Whatever I say
NO EXPIRATION DATE	



B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

**DREAM
NEGOTIATOR**

GOODNIGHT,
SLEEP TIGHT

No Bad Dreams Tonight

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

Dance party

GOODNIGHT,
SLEEP TIGHT

Play Dance Statues Before Bed

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

**Teddy Bear
BRING-A-LONG**

GOODNIGHT,
SLEEP TIGHT

Bring Favorite Toy to Bed

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

**NO LIGHTS-OUT
RUSH**

GOODNIGHT,
SLEEP TIGHT

Take Time Getting Settled into Bed

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

STAR GAZING time

GOODNIGHT,
SLEEP TIGHT

Check Out the Stars After Lights Out

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

LALALULLaby

GOODNIGHT,
SLEEP TIGHT

*Sing or Play Me a
Lullaby of My Choice*

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

quiet time pass

GOODNIGHT,
SLEEP TIGHT

Extra Quiet Play Time Before Bed

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

WARM DRINK TREAT
PARENT APPROVAL NEEDED

GOODNIGHT,
SLEEP TIGHT

*Extra Warm Milk or Sleepy Tea
Before Bed*

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

Let Me finish

GOODNIGHT,
SLEEP TIGHT

*Stay Up to Finish Activity
Up to 30 Minutes*

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR

Pajama day

GOODNIGHT,
SLEEP TIGHT

Wear my Favorite PJs All Day

NO EXPIRATION DATE



B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

What Coupon Allows

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

EXAMPLE

GOODNIGHT,
SLEEP TIGHT

What Coupon Allows

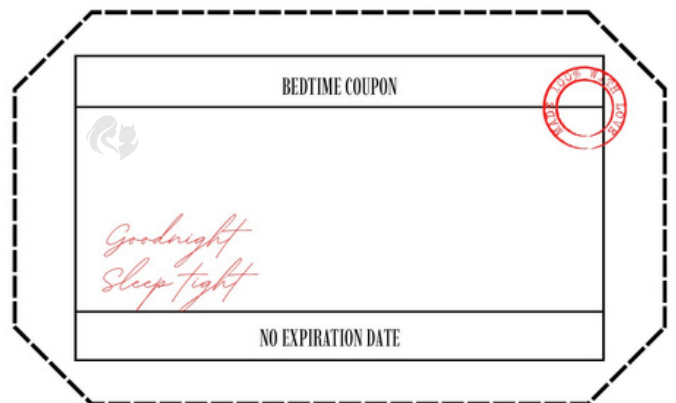
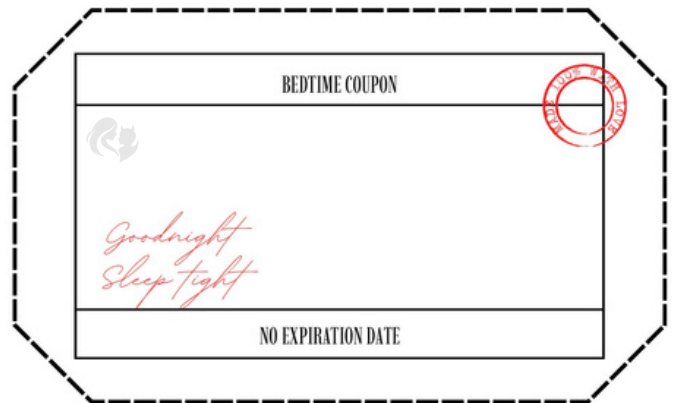
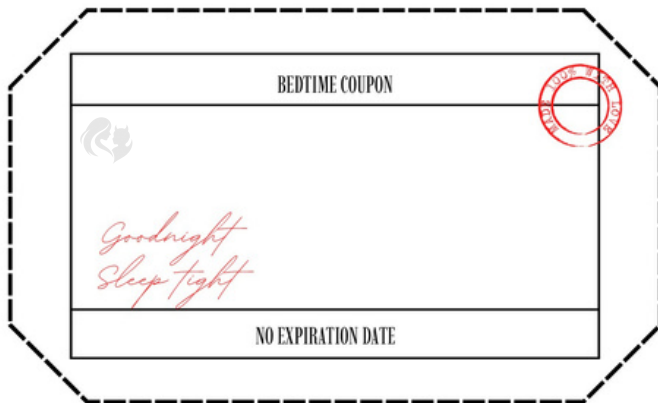
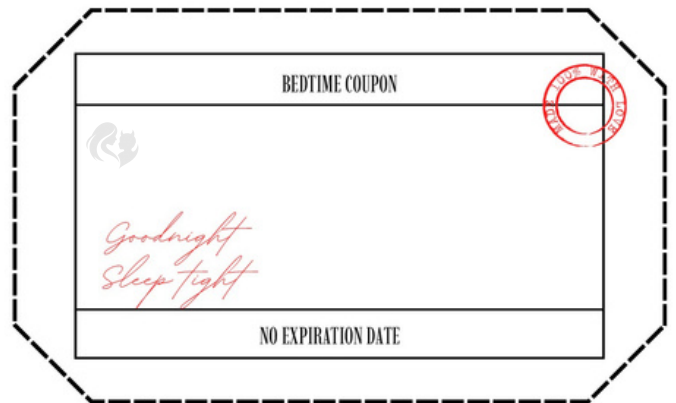
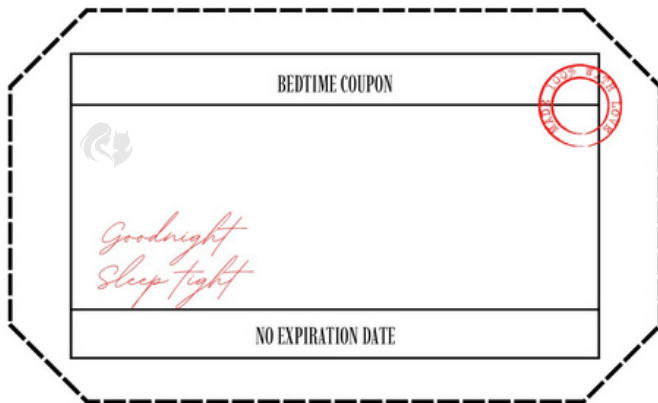
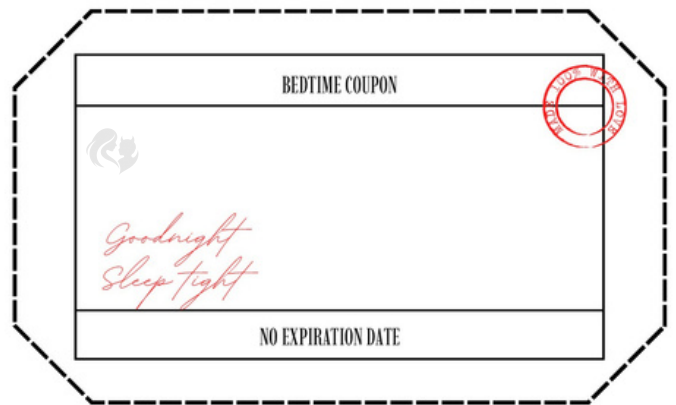
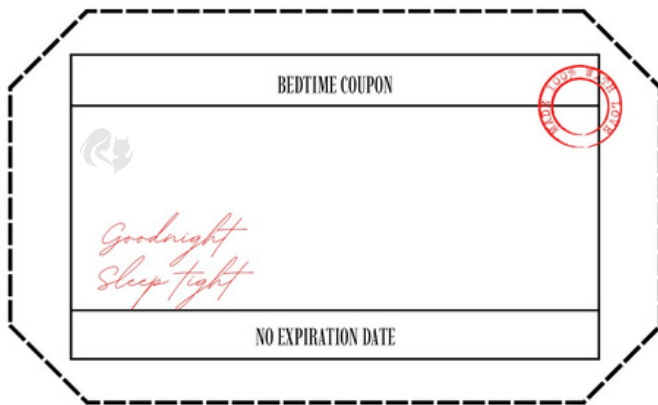
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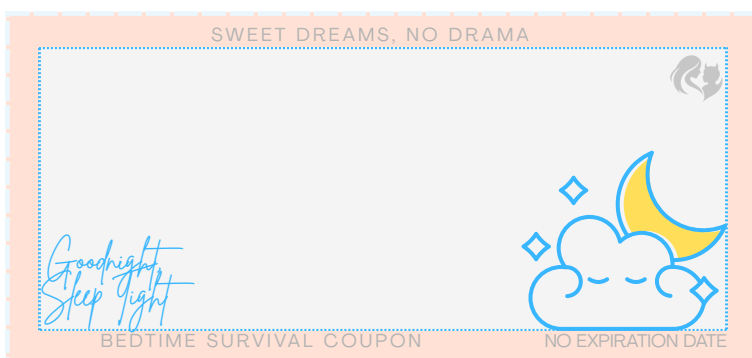
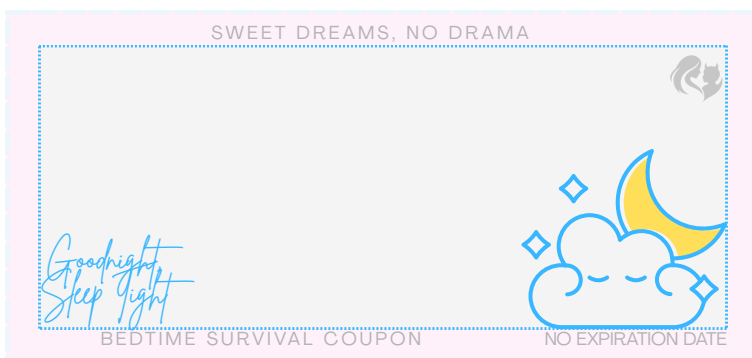
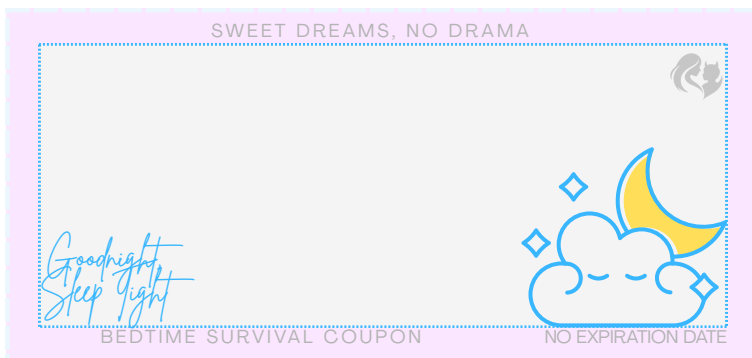
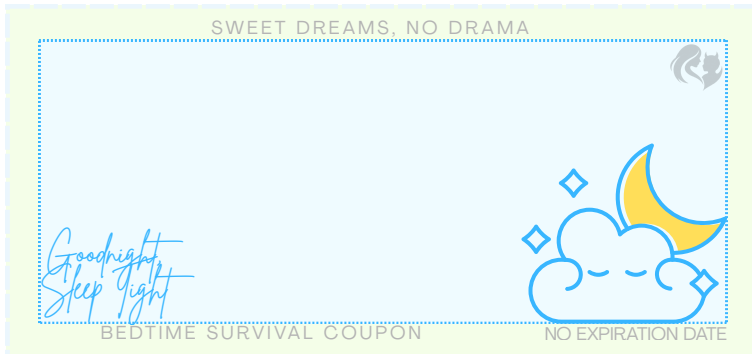
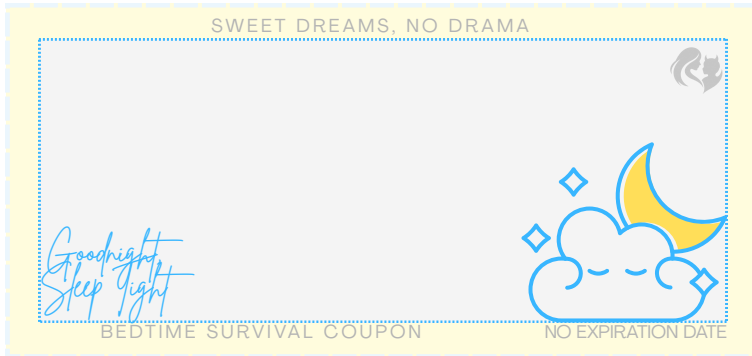
B E D T I M E S U R V I V A L C O U P O N

THIS COUPON IS GOOD FOR _____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

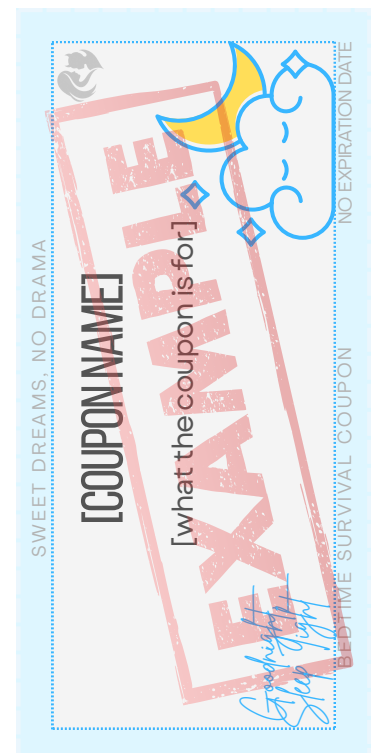




FONTS USED IN EXAMPLE

22 PT - CAPITALIZE - BEBAS NEUE

11 pt - Garet





FONTS USED IN
EXAMPLE

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