

SLEEP TRAINING WORKSHEET

Keep track of your baby's sleep training progress with this worksheet.
Complete for BOTH nap and night sleep times. Consistency is key!
Each check-in should be no more than 2 minutes.

DATE: _____

DAY #: _____

NAP / SLEEP (circle one)

BEDTIME ROUTINE: _____

Sample check-in's plan

| Day | 1 st wait | 2 nd wait | 3 rd wait | Subsequent wait |
|-----|----------------------|----------------------|----------------------|-----------------|
| 1 | 3 | 5 | 10 | 10 |
| 2 | 5 | 10 | 12 | 12 |
| 3 | 10 | 12 | 15 | 15 |
| 4 | 12 | 15 | 17 | 17 |
| 5 | 15 | 17 | 20 | 20 |
| 6 | 17 | 20 | 25 | 25 |
| 7 | 20 | 25 | 30 | 30 |

| 1st wait | 2nd wait | 3rd wait | 4th wait | 5th wait | 6th wait | 7th wait |
|----------|----------|----------|----------|----------|----------|----------|
| | | | | | | |

DATE: _____ NAP / SLEEP (circle one) DAY #: _____

BEDTIME ROUTINE: _____

| 1st wait | 2nd wait | 3rd wait | 4th wait | 5th wait | 6th wait | 7th wait |
|----------|----------|----------|----------|----------|----------|----------|
| | | | | | | |

DATE: _____ NAP / SLEEP (circle one) DAY #: _____

BEDTIME ROUTINE: _____

| 1st wait | 2nd wait | 3rd wait | 4th wait | 5th wait | 6th wait | 7th wait |
|----------|----------|----------|----------|----------|----------|----------|
| | | | | | | |

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