

# 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 <sup>st</sup> wait	2 <sup>nd</sup> wait	3 <sup>rd</sup> 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

# Sleep Hacks Math Worksheet This Month

**RD Boyd**



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