

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

Math Worksheet Sleep Hacks This Month

Joacim Rocklöv



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