



*the*  
**sleep sense**  
*program*

Proven Strategies for  
Teaching your Child to  
Sleep Through the Night

**Your Five-Step  
Sleep Success  
Workbook**

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For safety reasons, babies should sleep on their backs

## **Disclaimer**

**The Sleep Sense Program Is Not Medical Advice.** The Sleep Sense Program is for informational purposes only and is intended for use with common early childhood sleep issues that are wholly unrelated to medical conditions. The Sleep Sense Program is NOT intended to be a substitute for medical advice or treatment. Always seek the advice of your doctor or other qualified health practitioner regarding any matters that may require medical attention or diagnosis, and before following the advice and using the techniques described in The Sleep Sense Program. Reliance on any information provided by The Sleep Sense Program is solely at your own risk.

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# How to use this workbook

Teaching your child how to sleep through the night isn't complicated, but it does take some planning. In my experience, one of the biggest reasons why parents fail when trying to change their children's sleep habits is a simple lack of planning. When their little one starts calling out for them in the night, they aren't sure how to cope, and so they end up falling back into bad habits.

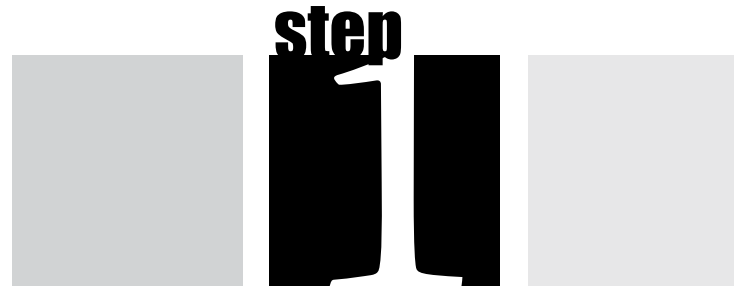
The good news is that planning out a healthy and manageable sleep plan for your child is pretty straightforward. In fact, this workbook will walk you through the entire planning process in just 5 easy steps. I've included lots of examples, so it should be very clear to you exactly what you need to do.

It is **EXTREMELY** important that you take the time to plan out your new sleep strategies. I can almost guarantee your success if you take the time to complete this workbook, and can tell you that your chances of success will drop dramatically if you choose to skip this crucial step!

You should complete this workbook in the order it is laid out for you:

- Step 1: Track your child's schedule
- Step 2: Plan an "ideal" schedule for your child
- Step 3: Plan your bedtime and nighttime strategy
- Step 4: Plan your naptime strategy
- Step 5: Track your child's progress

Sounds easy enough, right? Then let's get started!



## Tracking your child's current schedule

It's a great idea to track your child's schedule for a couple of days before you get started with your new sleep plan. This lets you identify times during the day when your child may be staying awake for too long, and also should help you pinpoint his or her ideal bedtime.

Use the following pages to take notes about what time your child is waking up in the morning, what time they start to show signs of fatigue, when they seem to get cranky, when they are hungry, and so on. This will help you develop a sleep plan that best suits your little one.

Note: I've included a sample page here so that you can see the types of things that you'll want to be writing down. This child in this example is six months old.

Time	Notes
7:15	Susan woke up for the day
7:25	Nursing for 20 minutes
7:45	playtime
8:20	Had some cereal
8:45	Went out for a short walk Susan fell asleep in the stroller for 45
10:00	She was fussy so I nursed her and she fell asleep for 20 min
12:00	Ate some carrots and nursed. Fell asleep for another 30 min
1:00	Went to run some errands in the car. Susan slept for 45 minutes in the car.
3:00	Nursed her for 20 minutes.
4:00	Playtime
5:00	Had some chicken for dinner, followed by nursing. She fell asleep for 45 min
6:30	Playtime with dad although she was very cranky
8:30	Nursed her to sleep in my bed







## Planning an ideal schedule for you child

*N*ow that you've had a chance to track your child's schedule for a couple of days, it's time to write down what you think the "perfect" schedule would be for your child. Based on what you've learned from reading "The Sleep Sense Program," try to identify times of the day when you think your child is starting to get tired, and plan to start naps around those times. Do not make the mistake of waiting for your child to become OVERTIRED before you begin naps!

Time	Notes



## Planning your bedtime and nighttime strategy

The next step in your child's sleep plan will be to develop a fun and relaxing bedtime routine. This routine will be a critical part of teaching your child to sleep through the night, so it is important that you take the time to think carefully about the steps you want to include in this routine, and that you actually write it down BEFORE you get started.

Remember that your child's bedtime routine should be somewhere between 20 and 30 minutes in length, and that the steps should be repeated in EXACTLY the same order each and every night. Also remember that at no point in the routine should your child be falling asleep.

Most infants and toddlers will enjoy a bedtime routine that incorporates some of these steps:

- Bath
- Massage
- Washing face and hands
- Going potty
- Brushing teeth
- Reading books
- Sharing good things about the day
- Listing all the things your child did during the day
- Playing a quiet board game

- Putting on pajamas
- Listening to music
- Singing songs
- Drinking from a sippy cup bottle or nursing
- Cuddling

I've included an example below so you can see how to fill out this section of your plan. Use the space on the next page to plan out your child's bedtime routine, and remember to do the steps in the same order every night!

Bedtime Routine for Susan  
(your child's name here)

Bedtime Routine will begin at 6:20 p.m.  
(time here)

Steps	Activity	Start Time	End Time	Total Time
Step 1	bath	6:20	6:32	0:12 min
Step 2	read story	6:32	6:42	0:10 min
Step 3	put on pjs	6:42	6:45	0:02 min
Step 4	nursing	6:44	6:55	0:11 min
Step 5	put in crib	6:55		
Step 6				
Total				0:35 min

"I promise to make every effort to follow this bedtime routine exactly. I understand that it will help my child recognize when bedtime is approaching, and that it is a crucial step in teaching my child how to sleep through the night!"

Signed: Julia Foreman

Signed: Paul Foreman Date: May 15 2004  
(Month, Day, Year)

# Our Bedtime Routine

Bedtime Routine for \_\_\_\_\_  
 (your child's name here)

Bedtime Routine will begin at \_\_\_\_\_ p.m.  
 (time here)

Steps	Activity	Start Time	End Time	Total Time

“I promise to make every effort to follow this bedtime routine exactly. I understand that it will help my child recognize when bedtime is approaching, and that it is a crucial step in teaching my child how to sleep through the night!”

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_  
 (Month, Day, Year)



Once that you've planned out a bedtime routine for your child, it's time to commit to an action plan for what happens after you lay her down in her crib. Make sure you fill out this page carefully, as this is a major key to the success of your child's new sleep program.

Use the space provided on the following page to write down your planned bedtime strategy, and then sign the bottom of that page to demonstrate your commitment. An example has been provided for you below.

Sleep Strategy Routine for Susan  
 (your child's name here)

1. After our bedtime routine I will put Susan to be awake
2. I will stay with her until she falls asleep the first three nights, then I will start to move myself out of her room by moving my chair away from the crib further every 3 nights.
3. I will repeat the phrase "sleepy time" to her to soothe her.
4. I will carefully touch her through the bars of the crib, but I think picking her up will upset her so I will try not to do this.
5. I will wait in her room for however long it takes for her to fall asleep

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

(Month, Day, Year)



Nightwakings (when your child wakes up in the middle of the night and calls out for you) may be fairly common during the first few days or weeks of teaching your child to sleep through the night.

It is extremely important that you commit to a plan for how to deal with these situations before you start implementing the Sleep Sense Program with your child. Again, the best way to guarantee your success is to write down exactly what you plan to do when your little one wakes up during the night.

Use the space provided on the following page to write down your planned nightwaking strategy, and then sign the bottom of that page to demonstrate your commitment. An example has been provided for you below.

Sleep Strategy Routine for Susan  
(your child's name here)

1. When Susan wakes up at night I will wait 5 min until I respond
2. I will then go in Susan's room and wait until she falls asleep.
3. I will repeat the phrase sleep time and gently stroke her forehead until she has calmed down and can fall asleep
4. I have decided not to feed her until 6:00 am as she is of a healthy weight and is old enough to sleep through the night on her own
5. I will not bring Susan to bed with me!

Signed: Julia Foreman

Signed: Paul Foreman Date: May 15 2004  
(Month, Day, Year)





# Planning your Naptime Strategy

*N*aps are just as important for your child as a restful sleep during the night, so it's a good idea to plan out a naptime strategy for your son or daughter. Most parents will want to establish some kind of naptime routine (similar to your bedtime routine, only much shorter) to let their child know that naptime is coming.

Use the space provided on the following page to write down your planned naptime strategy, and then sign the bottom of that page to demonstrate your commitment. An example has been provided for you below.

Sleep Strategy Routine for Susan  
(your child's name here)

1. I will put Susan down for a nap after approx. 3 hours of awake time.
I will make sure to watch the clock and Susan for her sleep clues.
2. I will read a story to Susan and sing one song then put her in her crib awake.
3. I will repeat the phrase "sleepy time" and gently stroke her forehead to soothe her.
4. I will sit with Susan until she falls asleep for the first three days and then begin removing myself from her room so she doesn't associate going to sleep with my presence.

Signed: Julia Foreman

Signed: Paul Foreman Date: May 15 2004

(Month, Day, Year)





## Track your child's progress

Once you've developed a comprehensive sleep plan for your child (in Steps 1 through 4 of this workbook), you'll want to be sure to track their progress. This is a great way to see – on a day-to-day level – just how much progress your child is making!

I've included an example on the following page, and I've also provided a 31-day "sleep log" that you can use to document your own child's sleep patterns over the next month.

# the sleep sense sleep log

program

A day-by-day resource for tracking your success

Date: November 14  
Day 3 of sleep plan

## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
Step 1	bath	6:20	6:32	0:12
Step 2	read story	6:32	6:42	0:10
Step 3	put on pjs	6:42	6:44	0:02
Step 4	Nurse	6:44	6:55	0:11
Step 5				
Step 6				
Step 7				
TOTAL				

## Part 2: Nighttime Progress

ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
awake	bedtime	6:55	7:15	0:20
asleep	sleeping	7:15	11:40	4:20
awake	up for feeding	11:40	11:52	0:12
awake	Cried before falling asleep	11:52	11:59	0:07
asleep	sleeping	11:59	3:18	3:19
awake	woke up fussing	3:18	3:22	0:04
asleep	sleeping	3:22	7:38	4:16
TOTAL				

## Notes, thoughts, comments

Things went pretty well tonight. Patrick only cried for a couple of minutes, and only a couple of brief wake-ups during the night. Tomorrow night I will try to leave him for a couple of more minutes before checking on him.

# the sleep sense sleep log

program

A day-by-day resource for tracking your success

Date:

Day of sleep plan

## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
TOTAL				

## Part 2: Nighttime Progress

ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
TOTAL				

Notes, thoughts, comments

# the sleep sense sleep log

program

A day-by-day resource for tracking your success

Date:

Day of sleep plan

## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
TOTAL				

## Part 2: Nighttime Progress

ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
TOTAL				

Notes, thoughts, comments

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Date:

Day of sleep plan

## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
TOTAL				

## Part 2: Nighttime Progress

ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
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Notes, thoughts, comments

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program

A day-by-day resource for tracking your success

Date: \_\_\_\_\_  
 Day \_\_\_\_\_ of sleep plan

## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
TOTAL				

## Part 2: Nighttime Progress

ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
TOTAL				

**Notes, thoughts, comments**

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Date:

Day of sleep plan

## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
TOTAL				

## Part 2: Nighttime Progress

ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
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Notes, thoughts, comments

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## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
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ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
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Date: \_\_\_\_\_  
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## Part 1: Bedtime Routine

STEPS	ACTIVITY	START TIME	END TIME	TOTAL TIME
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ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
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ASLEEP/AWAKE	DETAILS	START TIME	END TIME	TOTAL TIME
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