



The following pages are excerpted from

**The Sleepy Solution:
The Exhausted Parent's Guide to Getting Your Child
to Sleep—from Birth through Age 5,**

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APPENDIX A: Your Custom Sleep Planners

Sleep Planner: For Crib Sleepers

A. Bedtime Routine Checklist

Put a check next to the activities you would like to do each night. Then write a number next to each one, so you can remember to do them in the same order every time.

- ___ Bath
- ___ Diaper and pj's
- ___ Milk
- ___ Quiet play on the floor (no stimulating toys)
- ___ Rocking
- ___ Story or books (including the one you make together about changes at bedtime, for a verbal child)
- ___ Singing or music
- ___ Favorite ritual (such as saying good night to stuffed animals or the moon)
- ___ Turning on white noise
- ___ Offering lovey, "Mommy Bear," or other transitional object
- ___ Cuddling before leaving the room

___ Other: _____

B. My Child's Sleep Associations

Write down the associations your child may have with falling asleep, such as sucking, motion, or lying down with a parent.

1. _____
2. _____
3. _____
4. _____
5. _____

C. Environmental Checklist

Use this checklist to get your child's sleeping space ready to begin sleep learning. If you don't have the environment quite right, *don't start sleep learning!* You want to give your child every possible chance to sleep well.

1. Remove stimulating or unsafe items from inside and around the crib.

- Toys
- Mobile
- Aquariums/music boxes
- Bumpers (if child can pull to a stand)
- Blankets
- Other items in or near your child's crib that may be stimulating

2. **Make room dark** (on a scale of 10, if 10 is dark, go for 8 or 9!).

- Install room-darkening shades.
- Use household items that will darken windows, such as garbage bags or aluminum foil (use temporarily during sleep learning, then see if your child can sleep okay without them later).
- Install a night-light if you wish (though babies don't really need one, it may make it easier for you to see at night).

3. **Install white noise** (use temporarily during sleep learning; if household or neighborhood is busy, may need to continue using).

- Use an appliance (fan, humidifier, air purifier).
- Purchase sound machine with volume control (best for busier households or neighborhoods).

4. **Use footed blanket sleepers.**

Items I Need to Purchase

(such as white noise machine, darkening shade, or "Mommy Bear")

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

D. Review Sleep Aids

- Pacifier
 - Stop reinserting unless your child is able to reinsert it on her own
100 percent of the time.
 - If child can reinsert on own, place six or seven in crib so she can always find one.
- Stop using swaddle (after 4 months).
- Use music for wind-down only; make sure music is turned off when child goes down to sleep.
- Use a transitional object (small, safe blankie or animal).

E. My Child's Sleep Schedule

On this page, write down a goal schedule for your child's sleep and feeding.

Bedtime: _____

Wake time: _____

Nap 1: _____

Nap 2: _____

Nap 3: _____

(Fill in naps once you've planned your nap schedule in Chapter 5, "The Art of the Nap.")

F. My Child's Limit-Testing Behaviors

1. _____

2. _____

3. _____

4. _____

5. _____

For Verbal Children

- Make a personalized sleep book to help your child adjust to the changes you're making.
- Offer a "Mommy/Daddy Bear" so your child can cuddle with a transitional object as you gently set limits.

G. My Child's Weaning Schedule (for Nighttime Feeds)

	Time of First Feed	Time of Second Feed	Time of Third Feed
	_____ AM/PM	_____ AM/PM	_____ AM/PM
Night 1	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 2	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 3	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 4	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 5	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 6	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.

Sleep Planner: For Bed Sleepers

A. Bedtime Routine Checklist

Put a check next to the activities you would like to do each night. Then write a number next to each one so you can remember to do them in the same order every time.

- ___ Bath
- ___ Diaper or Pull-Ups (if appropriate) and pj's
- ___ Milk (if still drinking milk)
- ___ Quiet play on the floor (no stimulating toys)
- ___ Rocking
- ___ Story or books (including the one you make together about changes at bedtime)
- ___ Singing or music
- ___ Favorite ritual (such as saying good night to stuffed animals or the moon)
- ___ Turning on white noise
- ___ Offering blankie, "Mommy Bear," or other transitional object
- ___ Cuddling before leaving the room
- ___ Other:

B. My Child's Sleep Associations

Write down the associations your child may have with falling asleep, such as sucking, motion, or lying down with a parent.

1. _____
2. _____
3. _____
4. _____
5. _____

C. Environmental Checklist

Use this checklist to get your child's sleeping space ready to begin sleep learning. If you don't have the environment quite right, *don't start sleep learning!* You want to give your child every possible chance to sleep well.

1. Remove stimulating items from in and around the bed.

- Toys
- Books
- Flashlights
- Other items: _____

2. Make room dark (on a scale of 10, if 10 is dark, go for 8 or 9!).

- Install room-darkening shades

- Use household items that will darken windows, such as garbage bags or aluminum foil (use temporarily during sleep learning, then see if your child can sleep okay without them later).
- Install a night-light

3. **Use footed blanket sleepers.**

4. **Install white noise** (use temporarily during sleep learning; if household or neighborhood is busy, may need to continue using).

- Use an appliance (fan, humidifier, air purifier)
- Purchase sound machine with volume control (best for busier households or neighborhoods).

5. **Safety proof the room** (pick up all toys, stools, or other items your child could trip over).

Items I Need to Purchase

(such as white noise machine, darkening shade, or "Mommy Bear")

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

D. Review Sleep Aids

- Pacifier (place six or seven in a bowl near the bed so he can always find one).
- Use music for wind-down only; make sure music is turned off when child goes down to sleep.
- Use a transitional object (lovey or stuffed animal).

E. My Child's Sleep Schedule

On this page, write down goal schedules for your child's sleep. The information on this page will not change as your child is learning how to sleep.

Bedtime: _____

Wake time: _____

Nap: _____

(Fill in naps once you've planned your nap schedule in Chapter 5, "The Art of the Nap.")

F. My Child's Limit-Testing Behaviors

1. _____
2. _____
3. _____
4. _____
5. _____

Things I Need to Prepare

(such as create special sleep book or safety-proof room)

1. _____
2. _____
3. _____
4. _____

