

Sleep Wave Planner

Here you can make notes for your Sleep Plan

1. Current sleep schedule.

Timeline for nights – include wakings, feedings, length or amount of feeding. Note the times and label each on the timeline below.

|-----|
Bedtime Wake

2. New sleep schedule.

Timeline for days – include naptimes and feedings. Note the times and label each on the timeline below.

|-----|
Wake Bedtime

For babies under 5-6 months, use the awake time to know when to nap, rather than setting a schedule based on time of day.

3. Healthy sleep habits.

New bedtime routine _____

New nap routine _____

(use only “helpful” sleep associations for both bed and naps)

Sleep associations

Helpful

Paci/thumb
Lovey
Tummy time/rolling
White noise
Other_____

Unhelpful

Feeding
Parent's presence
Bouncing/Rocking
Swing/stroller
Car/carrier
Other_____

How does baby/child fall asleep?

Where does baby/child sleep? _____

Room environment checklist (make sure you have all in place before you start)
Dark (shades, garbage bags...), cool, comfortable mattress, fitted sheets, lovey
quiet, moving air, white noise?

Parents' goals for sleep

Script for Sleep Wave – use for night and naps and keep consistent

Weaning – decrease 30 seconds or ½ ounce every other night

Mantras (supportive statements you will say to yourself and each other during your sleep plan!)

Timeline for nights – include wakings, feeds, duration or amount of feed

|-----|
bedtime wake

Timeline for days – include nap times and feeds

|-----|

Final reminders – check-in with script every 5 minutes if crying and only stay for 7-10 seconds, stay extremely consistent, don't soothe during checks and be very calm and confident.