

# 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.

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Bedtime Wake

## 2. New sleep schedule.

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

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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

\_\_\_\_\_  
\_\_\_\_\_

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

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

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bedtime wake

**Timeline for days** – include nap times and feeds

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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.