

Sleep Wave Planner Baby John - 10 months old

Here you can make notes for your Sleep Plan

New sleep schedule

Bedtime 7pm
Wake time 6am
Nap 9am
Nap 1:30pm
Nap no 3rd nap

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

Bedtime routine bath, play, books, songs, bottle, rock to sleep in arms

New routine bath, play, bottle, books, songs, kiss, script

Nap routine walk, one book, two songs, kiss, script

Sleep associations

Helpful

Paci/thumb neither
Lovey yes, keep in crib
Tummy time/rolling yes
White noise yes, as sound screen

Unhelpful

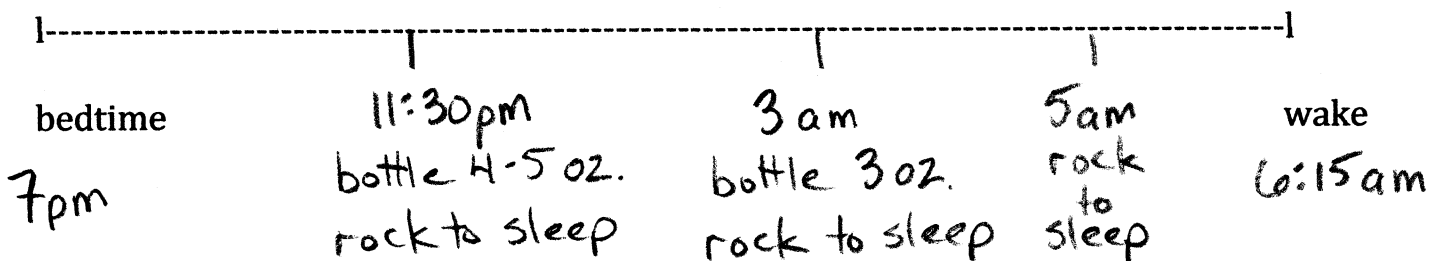
Feeding
Bouncing/Rocking ✓
Swing/stroller
Car/carrier ✓

How falls asleep? rocking in arms, sometimes carrier for naps

Where does baby/child sleep? in crib in own room

Room environment - dark, cool, moving air? yes, cool and good blackout shades

Timeline for nights - include wakings, feeds, length or amount of feed



Timeline for days – include nap times and feeds



Parents' goals for sleep

fall asleep on his own
wean both night feeds

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

"It's nite nite time.
Mommy (Daddy) loves you.
See you in the morning light."

Weaning – decrease 30 seconds of ½ ounce every other night

follow this guideline for gradually
weaning both night feeds at the
same time you put the Sleep Wave
in place.

Mantras

- If we stay consistent, he will feel safe.
- He will pick up on our confidence in him.
- The whole family needs better sleep
- Give him credit for what he's capable of
- He will be a good sleeper for life!

Final reminders – check-in w/script every 5 minutes if crying, stay extremely consistent, don't soothe during checks and stay very calm and confident