

# 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 3<sup>rd</sup> 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

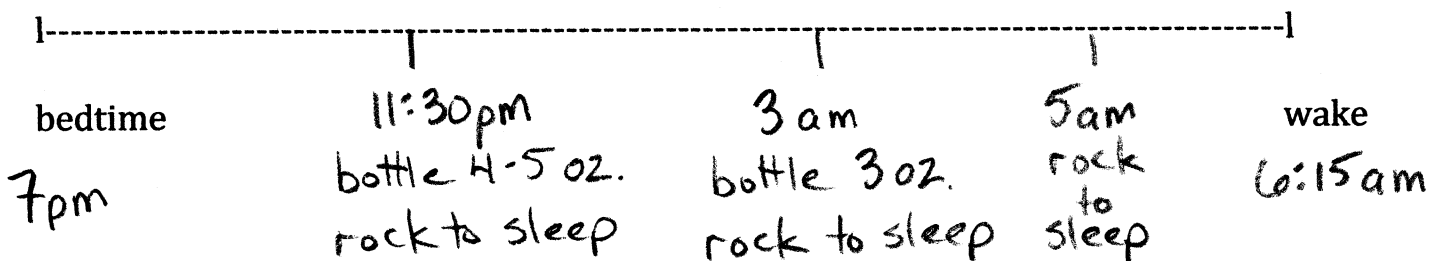
Feeding  
Bouncing/Rocking ✓  
Swing/stroller  
Car/carrier ✓

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