

Sleep Wave Planner

New sleep schedule

Bedtime

Wake time

Nap

Nap

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.

Wind down time: dim lights, turn off screens, soft music, whole household starts to wind down, at least a full hour before bedtime _____.

Bedtime routine _____

New routine _____

Nap routine _____

Sleep associations

Helpful

Paci/thumb

Lovey

Tummy time/rolling

White noise

Unhelpful

Feeding

Bouncing/Rocking

Swing/stroller

Car/carrier

How falls asleep? _____

Where does baby/child sleep? _____

Room environment -100% dark, cool (65 – 68°), moving air? _____

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

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bedtime

wake

Timeline for days – include nap times and feeds

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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, starting no higher than 5 minutes or 5 oz. If higher, wean a full minute or oz every night until down to 5.

- For ex, 4.5, 4.5, 4. 4. 3.5, 3.5, 3, 3, 3.5, 3.5, 3, 3, 2.5, 2.5, 2, 2, 1.5, 1.5
- Feed is weaned at 1.5 min for BF or 1 oz. for bottle.
- Not before ____ hours rule
- No more than ____ feeds per night
- If a feed is dropped for 3 nights in a row, it's done!

Mantras

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