

THE SLEEPEASY SOLUTION:
THE EXHAUSTED PARENT'S GUIDE
TO GETTING YOUR CHILD TO SLEEP—
FROM BIRTH TO AGE 5

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APPENDIX A: YOUR CUSTOM SLEEP PLANNERS

Sleep Planner: For Crib Sleepers

A. Bedtime Routine Checklist

Put a check next to the activities you would like to do each night. Then write a number next to each one, so you can remember to do them in the same order every time.

- ___ ☐ Bath
- ___ ☐ Diaper and pj's
- ___ ☐ Milk
- ___ ☐ Quiet play on the floor (no stimulating toys)
- ___ ☐ Rocking
- ___ ☐ Story or books (including the one you make together about changes at bedtime, for a verbal child)
- ___ ☐ Singing or music
- ___ ☐ Favorite ritual (such as saying good night to stuffed animals or the moon)
- ___ ☐ Turning on white noise
- ___ ☐ Offering lovey, "Mommy Bear," or other transitional object
- ___ ☐ Cuddling before leaving the room
- ___ ☐ Other:

B. My Child's Sleep Associations

Write down the associations your child may have with falling asleep, such as sucking, motion, or lying down with a parent.

1. _____
2. _____
3. _____
4. _____
5. _____

C. Environmental Checklist

Use this checklist to get your child's sleeping space ready to begin sleep learning. If you don't have the environment quite right, *don't start sleep learning!* You want to give your child every possible chance to sleep well.

1. Remove stimulating or unsafe items from inside and around the crib.

- ☐ Toys
- ☐ Mobile
- ☐ Aquariums/music boxes
- ☐ Bumpers (if child can pull to a stand)
- ☐ Blankets
- ☐ Other items in or near your child's crib that may be stimulating

2. Make room dark (on a scale of 10, if 10 is dark, go for 8 or 9!).

- ☐ Install room-darkening shades.
- ☐ Use household items that will darken windows, such as garbage bags or aluminum foil (use temporarily during sleep learning, then see if your child can sleep okay without them later).
- ☐ Install a night-light if you wish (though babies don't really need one, it may make it easier for you to see at night).

3. Install white noise.

- ☐ Use an appliance (fan, humidifier, air purifier).
- ☐ Purchase sound machine with volume control (best for busier households or neighborhoods).

4. Use footed blanket sleepers.

Items I Need to Purchase

(such as a white noise machine, darkening shade, or "Mommy Bear")

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

D. Review Sleep Aids

☐ Pacifier

- Stop reinserting unless your child is able to reinsert it on her own 100 percent of the time.
- If child can reinsert on own, place six or seven in crib so she can always find one.

☐ Stop using swaddle (after 4 months).

☐ Use music for wind-down only; make sure music is turned off when child goes down to sleep.

☐ Use a transitional object (small, safe blankie or animal).

E. My Child's Sleep Schedule

On this page, write down a goal schedule for your child's sleep and feeding.

Bedtime: _____

Wake time: _____

Nap 1: _____

Nap 2: _____

Nap 3: _____

(Fill in naps once you've planned your nap schedule in Chapter 5, "The Art of the Nap.")

F. My Child's Limit-Testing Behaviors

1. _____

2. _____

3. _____

4. _____

5. _____

For Verbal Children

- ☐ Make a personalized sleep book to help your child adjust to the changes you're making.
- ☐ Offer a "Mommy/Daddy Bear" so your child can cuddle with a transitional object as you gently set limits.

G. My Child's Weaning Schedule (for Nighttime Feed)

	Time of First Feed	Time of Second Feed	Time of Third Feed
	_____ AM/PM	_____ AM/PM	_____ AM/PM
Night 1	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 2	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 3	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 4	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 5	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.
Night 6	___ oz. ___ min.	___ oz. ___ min.	___ oz. ___ min.

Sleep Planner: For Bed Sleepers

A. Bedtime Routine Checklist

Put a check next to the activities you would like to do each night. Then write a number next to each one so you can remember to do them in the same order every time.

- ___ ☐ Bath
- ___ ☐ Diaper or Pull-Ups (if appropriate) and pj's
- ___ ☐ Milk (if still drinking milk)
- ___ ☐ Quiet play on the floor (no stimulating toys)
- ___ ☐ Rocking
- ___ ☐ Story or books (including the one you make together about changes at bedtime)
- ___ ☐ Singing or music
- ___ ☐ Favorite ritual (such as saying good night to stuffed animals or the moon)
- ___ ☐ Turning on white noise
- ___ ☐ Offering lovey, "Mommy Bear," or other transitional object
- ___ ☐ Cuddling before leaving the room
- ___ ☐ Other:

B. My Child's Sleep Associations

Write down the associations your child may have with falling asleep, such as sucking, motion, or lying down with a parent.

1. _____
2. _____
3. _____
4. _____
5. _____

C. Environmental Checklist

Use this checklist to get your child's sleeping space ready to begin sleep learning. If you don't have the environment quite right, *don't start sleep learning!* You want to give your child every possible chance to sleep well.

1. Remove stimulating items from in and around the bed.

- ☐ Toys
- ☐ Books
- ☐ Flashlights
- ☐ Other items: _____

2. Make room dark (on a scale of 10, if 10 is dark, go for 8 or 9!).

- ☐ Install room-darkening shades.
- ☐ Use household items that will darken windows, such as garbage bags or aluminum foil (use temporarily during sleep learning, then see if your child can sleep okay without them later).
- ☐ Install a night-light.

3. Use footed blanket sleepers.

4. Install white noise (use temporarily during sleep learning; if household or neighborhood is busy, may need to continue using).

- ☐ Use an appliance (fan, humidifier, air purifier).
- ☐ Purchase sound machine with volume control (best for busier households or neighborhoods).

5. Safety proof the room (pick up all toys, stools, or other items your child could trip over).

Items I Need to Purchase

(such as white noise machine, darkening shade, or "Mommy Bear")

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

D. Review Sleep Aids

- ☐ Pacifier (place six or seven in a bowl near the bed so he can always find one).
- ☐ Use music for wind-down only; make sure music is turned off when child goes down for sleep.
- ☐ Use a transitional object (lovey or stuffed animal).

E. My Child's Sleep Schedule

On this page, write down goal schedules for your child's sleep. The information on this page will not change as your child is learning how to sleep.

Bedtime: _____

Wake time: _____

Nap: _____

(Fill in naps once you've planned your nap schedule in Chapter 5, "The Art of the Nap.")

F. My Child's Limit-Testing Behaviors

1. _____
2. _____
3. _____
4. _____
5. _____

Things I Need to Prepare

(such as create special sleep book or safety-proof room)

1. _____
2. _____
3. _____
4. _____

APPENDIX C: SLEEP CHART

Use this chart to track your child's progress while she learns to sleep. (Alternatively, you can download a chart from the "Tips & Tools" section of our website, www.sleepyplanet.com.) On the first night you start, write down the date and what time you put your child down to sleep. Then, record each check-in time and tally up the total amount of time she took to fall asleep. If she wakes in the night, record the wake-up time and your check-in times the same way. For naps, track your progress on the second chart.

Sleep Chart

NIGHTS

[illegible]

NAPS

[illegible]

APPENDIX D: AVERAGE SLEEP NEEDS BY AGE

Please note that the ranges and totals given below are approximate, and that some children need less sleep while others need more. When helping your child learn how to sleep, you'll want to shoot for the minimum of 11 hours at night and 1 hour for each nap. Paying attention to your child's mood and behavior is the best gauge of whether your child is getting the right amount of sleep.

AGE	NIGHTTIME	NAPS	TOTAL HOURS
Newborn	Unpredictable/ varies widely	Unpredictable/ varies widely	Unpredictable/ varies widely
4 months	11–12 hours	3–4 hours (<i>made up in three or four naps</i>)	14 to 16 hours
6 months	11–12 hours	2–3¼ hours (<i>made up in two or three naps</i>)	13 to 15¼ hours
9 months	11–12 hours	2–3 hours (<i>made up in two naps</i>)	13 to 15 hours
12 months	11–12 hours	1½–3 hours (<i>made up in one or two naps</i>)	12½ to 15 hours
18 months	11 hours	1½–3 hours (<i>usually one nap</i>)	12½ to 14 hours
2 years	11 hours	1½–3 hours (<i>one nap</i>)	12½ to 14 hours
3 years	11–12 hours*	Up to 2 hours (<i>maybe no nap</i>)	11 to 14 hours
4 years	11–12 hours	Up to 2 hours (<i>maybe no nap</i>)	11 to 12 hours
5 years	11–12 hours	No nap	11 to 12 hours

* Children may sleep longer at night after they drop their nap.