SLEEP TRAINING
WORKSHEET

Keep track of your baby's sleep training progress with this worksheet.
Complete for BOTH nap and night sleep times. Consistency is key!
Each check-in should be no more than 2 minutes.

DATE: _____

DAY #: _____

NAP / SLEEP (circle one)

BEDTIME ROUTINE:

_____

_____

Sample check-in's plan

Day	1st wait	2nd wait	3rd wait	Subsequent wait
1	3 min	5 min	10 min	10 min
2	5 min	10 min	12 min	12 min
3	10 min	12 min	15 min	15 min
4	12 min	15 min	17 min	17 min
5	15 min	17 min	20 min	20 min
6	17 min	20 min	25 min	25 min
7	20 min	25 min	30 min	30 min

1st wait	**2nd** wait	**3rd** wait	**4th** wait	**5th** wait	**6th** wait	**7th** wait

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DATE: _____   **NAP / SLEEP** (circle one)   **DAY #:** _____

BEDTIME ROUTINE: _____

1st wait	**2nd** wait	**3rd** wait	**4th** wait	**5th** wait	**6th** wait	**7th** wait

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DATE: _____   **NAP / SLEEP** (circle one)   **DAY #:** _____

BEDTIME ROUTINE: _____

1st wait	**2nd** wait	**3rd** wait	**4th** wait	**5th** wait	**6th** wait	**7th** wait

DATE: _____ **NAP / SLEEP** (circle one) **DAY #:** ____

BEDTIME ROUTINE: _____

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait

DATE: _____ **NAP / SLEEP** (circle one) **DAY #:** ____

BEDTIME ROUTINE: _____

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait

DATE: _____ **NAP / SLEEP** (circle one) **DAY #:** ____

BEDTIME ROUTINE: _____

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait

DATE: _____ **NAP / SLEEP** (circle one) **DAY #:** ____

BEDTIME ROUTINE: _____

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait