

# 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	1 <sup>st</sup> wait	2 <sup>nd</sup> wait	3 <sup>rd</sup> 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

**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

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**BEDTIME ROUTINE:** \_\_\_\_\_

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