

26 BETTER SLEEP BASICS

marathon. You've only just begun, so there's no reason to rush yourself or your child.

You can copy and fill in the following pages (or check my website at [nocrysleepsolution.com](http://nocrysleepsolution.com) for PDF files to print). The general ideas are outlined for you. When you use solutions that relate to specific situations, you can jot down the page number for future reference.

## Plan Worksheet

Before making a plan, it may help to think about and write down the things that are most important to you, what every family member hopes to gain from a sleep plan, and what your specific sleep goals are. You can fill in answers to these questions.

The things that are most frustrating or disruptive to us now are:

*Sample: He wakes us up three to five times every night.*  
\_\_\_\_\_  
\_\_\_\_\_

This is what we hope to achieve from a sleep plan:

*Sample: To understand and define the problems, create solutions, and reduce stress*  
\_\_\_\_\_  
\_\_\_\_\_

Our sleep goals are:

*Sample: No wake-ups from 10 P.M. to 6 A.M.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Our Sleep Plan

We will begin our sleep plan for \_\_\_\_\_ on \_\_\_\_\_.

(name) (date)

We will start our nightly bedtime routine at: \_\_\_\_\_.

(time)

This is our bedtime routine:

Approximate time	Activity

Bedtime (lights out) is: \_\_\_\_\_.

(time)

Consistent wake-up time and regular naps:

- Morning wake-up time will be: \_\_\_\_\_.
- (thirty-minute range)
- My child's naptimes will be: \_\_\_\_\_.

### *Specific solutions for our situations:*

From page \_\_\_\_\_ Section heading: \_\_\_\_\_

Description of the idea and what we will do:

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*From page* \_\_\_\_\_ *Section heading:* \_\_\_\_\_

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