

Build-Your-Own Sleep Plan Worksheet

Your sleep strategy—written down and ready for action.

Use this worksheet to map out your approach. Post it near your baby's sleep space or on the fridge for easy reference during tough moments.

1 Choose Your Method


Which sleep training method will you start with?

(✓ One only to start. You can always adapt later.)

- ☐ Modified Ferber (timed check-ins)
- ☐ Chair Method (stay nearby, gradually reduce presence)
- ☐ Other: _____

2 Set Your Start Date

When will you begin sleep training?


 Date: _____

☒ Reminder: Start on a day with no travel, visitors, or major disruptions.

3 Bedtime Routine Plan

List your bedtime steps in order. Keep it calm, predictable, and repeatable every night.

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

 Target bedtime: _____ p.m.

Target wake time: _____ a.m.

4 Response Plan

How will you handle wake-ups and protests?

- First night check-in intervals (if using Ferber):

_____ min → _____ min → _____ min → Repeat at _____ min


- ***If using Chair Method:***

- ☐ Sit nearby until asleep
- ☐ Stay silent/no contact
- ☐ Move chair every _____ days

5 Partner/Caregiver Roles

Who handles what?

- Bedtime routine: _____
- Middle-of-night wake-ups: _____
- Log keeper: _____

 **Tip:** Print 2 copies if needed—one for you, one for partner/caregiver.

6 Special Situations

What will you do if your baby...

(Pre-decide to avoid stress in the moment.)

- Gets sick: _____

 - Starts teething: _____

 - You're traveling: _____

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7 Encouragement Reminder

Write a note to yourself for those tough nights.

Dear Me,

“This plan is a gift to our whole family. I’m doing this with love, not punishment.”