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 web-
site at 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 mem-
ber 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 ________ ______.

We will start our nightly bedtime routine at: ________ ______.

This is our bedtime routine:

<table>
<thead>
<tr>
<th>Approximate time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bedtime (lights out) is: ________ ______.

Consistent wake-up time and regular naps:

• Morning wake-up time will be: ________ ______ ______ ______.

• My child's naptimes will be: ____________________________.

Specific solutions for our situations:

From page ______ Section heading: __________________________
Description of the idea and what we will do:

_________________________________________________________________
Better Sleep Basics

From page ______ Section heading: __________________________
Description of the idea and what we will do:
__________________________________________________________
__________________________________________________________
__________________________________________________________

From page ______ Section heading: __________________________
Description of the idea and what we will do:
__________________________________________________________
__________________________________________________________
__________________________________________________________

From page ______ Section heading: __________________________
Description of the idea and what we will do:
__________________________________________________________
__________________________________________________________
__________________________________________________________

From page ______ Section heading: __________________________
Description of the idea and what we will do:
__________________________________________________________
__________________________________________________________
__________________________________________________________