



# Sound of Sleep Academy

**E-COURSE GUIDE**



sound of sleep  
—consulting services—

# ***Welcome***

Welcome to the Sound of Sleep Consulting Services Support Guide on “How to Successfully Sleep Train Your Baby.” Together, we are going to walk through the most important steps to help you teach your baby to sleep 11-13 hours through the night and have restorative naps during the day. I cannot wait for you to get started!

Sleep well,

Diane

# Step 1

## PREPARING FOR HEALTHY SLEEP



sound of sleep  
consulting services

## **Step 1: Preparing for Healthy Sleep**

- Understanding Why Sleep is Important
- Make the Time for Training
- Sleep Journal
- Creating a Healthy Sleep Environment
- Sleep Wear
- Sleep Props
- Crying
- Relaxation Techniques for Parents
- Ideal Schedule
- Feeding Schedules
- Bedtime Routine

### **Understanding Why Sleep is Important**

Sleep is valuable and essential for your child's development and wellbeing. It allows babies to thrive, grow, feel good, develop important skills, and of course be rested. It is important for parents as well. Whether parents are working out of the house or at home, they function much better with proper sleep. Lack of sleep can contribute to postpartum depression, as well as high levels of stress and anxiety for babies and parents. Here are some important benefits of healthy sleep habits for babies and parents:

For baby:

- More efficient and predictable feeding schedules
- Happy during awake time and going to bed
- Confidence in their sleep skill
- Fosters brain development and growth

For parents:

- Predictable daily routines
- Confidence in their parenting role
- Essential quality sleep for themselves

### **Make the Time for Training**

When planning to sleep train your baby, you must make the time to do so properly. Sleep is a learned skill and takes time, consistency, and patience to perfect. Be devoted to providing your child with this important skill for 2-3 weeks. By doing so, you will enable him to understand the new sleep routines and become a confident and happy sleeper. It is essential to work with both naps and evening sleep at the same time. This will help eliminate confusion for the baby and provide him with lots of practice enabling him to learn more quickly.

## Sleep Journal

During the next 2-3 weeks while implementing the new sleep routines use a journal or sleep app to track your baby's sleep. I recommend keeping it nearby and recording all details. To help measure progress, I suggest tracking the sleep a day or two prior to beginning sleep training.

Some recommendations for online apps that may help are:

Baby Tracker - <https://apps.apple.com/us/app/baby-tracker-newborn-log/id779656557>

Baby Time - [https://play.google.com/store/apps/details?id=yducky.application.babytime&hl=en\\_US](https://play.google.com/store/apps/details?id=yducky.application.babytime&hl=en_US)

## Creating a Healthy Sleep Environment

1. White noise can help create a perfect barrier to noise outside of baby's room and create a familiar background noise. A continuous sound at a low level works well from a sound machine, humidifier, or fan.
2. Darkness will ensure your baby is producing melatonin, the natural sleep hormone. Lights off and room darkening shades will assist in keeping the room dark.
3. Room temperature between 18-23 degrees Celsius is best for baby's sleep.
4. A firm mattress in a safety-approved crib/bassinet is important.
5. To ensure your baby has a safe sleep environment, refer to these resources:
  - [Safe Sleep for Baby Canada](#)
  - [American Academy of Pediatrics](#)

## Sleep Wear

To ensure baby's safety, there must be nothing loose in the crib. To keep your baby comfortable, choose a cotton sleeper or pyjamas with feet and a sleep sack that is appropriate for the season. Halo SleepSack® (<https://www.halosleep.com/>) has good styles and fabrics.

## Sleep Props

One of the most crucial elements for teaching children to go to sleep and stay asleep is helping them develop self-soothing strategies. If your children depend on any external methods or "prop" to fall asleep, they will find it difficult to get back to sleep without it. It is important that we teach our children to learn independent sleep skills. This will enable them to begin to consolidate their sleep throughout the night and be proud of themselves for achieving this important skill! Some common sleep props are:

- Feeding to sleep
- Pacifiers
- Rocking or bouncing to sleep
- Car or stroller naps
- Sharing a bed with parents (please note that room sharing is okay)

## Crying

The goal with improving baby's sleep is to eliminate any crying as quickly as possible. You will do this by providing consistent support and reassurance. Your baby should never be left to cry himself to sleep. The first night is typically the most challenging, and progress will continue to be made each day. When the sleep training period is complete, your child will be confident and happy going to sleep at night!

## Relaxation Techniques for Parents

It is completely normal for parents to feel both excited and nervous before starting the Sleep Plan. Writing a list to consolidate your decision to sleep train your baby may be helpful. Perhaps a reminder to yourself through the days ahead! Relaxing music or meditations may help to instill calmness. Two helpful meditation apps I recommend are Calm (<https://www.calm.com>) and Breethe (<https://breethe.com>).

## Ideal Schedule

You will be working towards one of the following schedules depending on your child's age. The schedule is not expected to happen on Day 1. Throughout the sleep training period, the schedule will unfold bit by bit.

Following the WAKE – FEED – PLAY – SLEEP schedule throughout the day ensures that your baby is always feeding as soon as he wakes up. Once feeding time is over, make sure that your child is taking part in daytime activities such as tummy time, going for a walk, playing on a play mat, sitting in a bouncy chair by the window, or looking at books.

### Infants (ages 5-6 months)

**7:00 A.M.:** WAKE – FEED – PLAY  
**9:00 A.M.:** First nap begins  
**10:30 A.M.:** WAKE – FEED – PLAY  
**12:30 P.M.:** Second nap begins  
**2:00 P.M.:** WAKE – FEED – PLAY  
**3:45 P.M.:** Third nap begins  
**5:30 P.M.:** WAKE – FEED – PLAY  
**7:00 P.M.:** Bedtime routine begins  
**7:30 P.M.:** Bedtime

### Infants (ages 6-12 months)

**7:00 A.M.:** WAKE – FEED – PLAY  
**9:45 A.M.:** First nap begins  
**11:30 A.M.:** WAKE – FEED – PLAY  
**2:15 P.M.:** Second nap begins  
**4:00 P.M.:** WAKE – FEED – PLAY  
**6:30 P.M.:** Bedtime routine begins  
**7:00 P.M.:** Bedtime

### Babies (ages 13-18 months)

**7:00 A.M.:** WAKE – FEED – PLAY  
**11:30 A.M.:** Nap  
**1:30 P.M.:** WAKE – FEED – PLAY  
**6:30 P.M.:** Bedtime routine begins  
**7:00 P.M.:** Bedtime

## **Bedtime Routine**

The first step of implementing the Sleep Plan will be the evening bedtime routine on Day 1.

A relaxing bedtime routine will help your baby wind down from the day. The routine should be 30 minutes in length. The routine will take place in her bedroom to send a clear message that daytime activities are ending, and that it is time to get ready for sleep.

An early bedtime is an essential first step that will prevent her from becoming over tired, allowing her to sleep more soundly throughout the night. It will also provide her with all the evening sleep that she needs at this age (11-13 hours) to feel happy, rested and energetic.

<b>Sample Bedtime Routine</b>
<ol style="list-style-type: none"><li>1. Bath or quiet time in her room on a play mat</li><li>2. Diaper, pajamas, sleep sack on</li><li>3. Feed in bedroom</li><li>4. Story or lullaby</li><li>5. Sound machine on</li><li>6. Lights out</li><li>7. Into crib or bassinet awake</li><li>8. Lights out</li></ol>



# Step 2

**CHOOSE A TECHNIQUE**



sound of sleep  
consulting services

## Step 2: Choose a Technique

Following the bedtime routine there are two recommended techniques for you to choose from to support your baby as he learns the skill of falling asleep.

The Side-By-Side Technique is one where parents begin in baby's room and gradually leave every few nights. This is a preferred option for parents who want to have more physical presence in the room while their child is learning to fall asleep.

The Space & Comfort Technique is one where parents leave baby's room for a short amount of time and return to offer reassurance and support. This is a preferred option for parents who feel that providing some space will make it easier for baby to settle for sleep.

It is a good idea to read through both options and choose one that is most suitable for your baby and your family.

### Option #1. Side-By-Side Technique

#### Nights 1, 2 & 3 – Sit beside the crib

- Say repetitive key phrases such as "Night-night."
- You can occasionally pat, touch, sing or hum, but be cautious that this does not become a new external strategy she uses to fall asleep. Remember, it is not your job to put her to sleep but to offer some comfort. Please note that if she does not like to be touched, then stop. Some babies do not like it and continuing to do so will make them more upset and unable to settle and fall asleep.
- Stay in the room until she falls asleep.
- Once she is asleep, you will leave the room.

#### Nights 4, 5 & 6 – Move your chair mid-room (less interaction)

- Follow the same strategies as you did for Nights 1-3. It is okay to walk over to her crib occasionally and briefly say a key phrase or offer a soothing touch and then go back to the chair. Try not to do the key phrases, patting or touching as often as the first three nights.
- Once she is asleep, you will leave the room. Make sure she can still see you.
- It is recommended for you to stay in your chair. You may also decide to go to the crib less often than you need the previous three nights. You will limit soothing touches and key phrases so that you are only use them to provide additional support when necessary.
- Once she is asleep, you will leave the room.

#### Night 7, 8 & 9 – Move your chair towards the door or doorway if possible (stay in your chair)

- Once she is asleep, you will leave the doorway.

#### Night 10 and on – Leave the room

- Night 10 and moving forward you will kiss her goodnight and leave the room.
- If there is any crying that lasts more than 7-10 minutes, go and offer your key phrases and then leave, repeating every 7-10 minutes until she falls asleep.

## **Option #2. Space & Comfort Technique**

- If there is any crying that lasts more than 10 minutes, go in the room and say a key phrase such as “Night-night time” or provide a gentle touch for 15 seconds to 2 minutes and then leave, repeating every 7-10 minutes until she falls asleep.
- Please note you can pat, touch, sing or hum during check-ins if needed, but be cautious that this is not an external strategy she uses to fall asleep. Remember, you are only there to offer some comfort and reassurance while she learns to self-soothe. If physical touch makes her frustrated or over stimulated, then stop so that she can become calm more and fall asleep more quickly.

**Picking up:** At any point using either of these Techniques you can pick her up to offer her more comfort if she becomes upset. Please only pick her up by holding her still and upright with her face near your shoulder (you can check if she needs to burp at this point) without any movement for a maximum of 2-5 minutes and then place her back into her crib. Make sure that she does not become drowsy or fall asleep in your arms. If this pick-up seems to upset her more, then do not include one as it can feel more emotionally draining for both of you.

# Step 3

## NIGHT WAKING



sound of sleep  
consulting services

### **Step 3: Night Waking**

You will follow the steps outlined below each time he wakes during the night.

**NOTE:** On average, a baby that is 6 months of age or older is ready to sleep through the night without a feeding. Once you suspect that your baby no longer requires a night feed, it is necessary to check with your Doctor/Pediatrician to confirm how many night feeds are required for your baby and follow their recommendations.

#### **No night feed**

1. If he is crying, wait 10 minutes before you respond to him at all. It is quite likely that he will fall back asleep before the 10 minutes are up.
2. If he doesn't put himself back to sleep after 10 minutes, go in and check on him. Please be sure to check and change his diaper if needed.
3. If there is any crying, you will repeat the same process that you did during bedtime the night before (following the Side-By-Side or Space & Comfort Technique).
4. Any waking before 6:00 A.M. is considered a night waking.

#### **Keeping a night feed**

1. If he is crying, wait 10 minutes before you respond to him at all. It is quite likely that he will fall back asleep before the 10 minutes are up.
2. If he doesn't put himself back to sleep after 10 minutes, go in and check on him. Please be sure to check and change his diaper if needed.
3. Once the diaper change is complete, provide him with a feeding and ensure that he stays awake. Once the feeding is complete, place him back into his crib awake.
4. If there is any crying, you will repeat the same process you did during bedtime the night before (following the Side-By-Side or Space & Comfort Technique).
5. Any waking before 6:00 A.M. is considered a night waking.

# Step 4

## MORNING ROUTINE



sound of sleep  
consulting services

#### **Step 4: Morning Time**

Morning will not begin any earlier than 6:00 A.M. Do not bring him into your bed, as it will be important for him to differentiate the evening and sleep with getting up for the day and awake time. When you do go in to start his day, you will cue his body and mind by opening the bedroom curtains, giving him a warm greeting, taking him out of his sleep sack and changing his diaper and clothes. Then you can bring him out into the kitchen or living room to have his morning feeding.

# Step 5

## NAPS



sound of sleep  
consulting services



## Step 5: Naptime

Use the Ideal Schedule in Step #1 to determine average awake windows that are suitable for your baby's age.

1. Watch for sleepy cues. You will want to find a balance between her ideal awake time and sleepy cues before attempting her naps.
2. Set up a short naptime routine in her bedroom before putting her to bed. A typical routine will include a diaper change, a couple of stories or singing a lullaby.
3. After the routine, close the curtains, turn the light off and put her into her crib awake.
4. Use the same strategies as bedtime (according to the Side-By-Side or Space & Comfort Techniques). Try for up to 45 minutes. Leave the room when she falls asleep.
5. If she will not sleep, take a break by bringing her out of the bedroom for 30 minutes and doing a bit of playtime. You will offer her a feeding at this time, and it will be important to keep her awake during the feeding.
  - Once 30 minutes have passed, go back into her bedroom and repeat numbers 1 through 4.

**Note:** If your second attempt at a nap is unsuccessful, try the stroller or the car and provide her with a bit of sleep. This will help so she is not extremely overtired before the next nap or bedtime.

- **Short naps:** If she wakes early from her nap (anything shorter than 1 hour), wait 7-10 minutes before going to her to see if she will settle on her own. If she has not fallen back to sleep, go to her and provide your soothing touches and key sleep phrases for up to 2 minutes. Then leave her room for another 7-10 minutes. If after she does not fall back asleep, get her up and try again at the next naptime or bedtime.
- **Long naps:** Long naps are great! It can take anywhere from 1-4 weeks for her to establish as every baby is different. You will want to balance out the day and make sure that there is a proper amount of awake time between naps as well as bedtime.
- **Awake windows:** The following are the average awake windows for each month. Keep in mind that some babies may have a shorter or longer awake window.
  - 3 months of age – 1 hour 30 minutes
  - 4 months of age – 1 hour 45 minutes
  - 5 months of age – 2 hours
  - 6 – 12 months of age – 2.5 hours – 3.5 hours
  - 13 – 18 months of age – 3.5 – 4-5 hours

# Step 6

## ADDITIONAL NOTES



sound of sleep  
consulting services

## Step 6: Additional Notes

**Bottles:** If you are using bottles, be sure they are suitable for your baby's age. This will ensure he is completing his bottle efficiently. If completing the bottle takes too long, he may become frustrated or easily become drowsy while he is feeding.

**First stage of sleep:** It is very important to make sure your child is kept awake so he is not drowsy or sleepy when putting him in his crib for bedtime and naptimes, when he feeds after waking up from his naps, and during a night time feeding. If he is sleepy or drowsy going into his crib, he has already entered the first stage of sleep. This will not allow him the best opportunity to develop independent self-soothing sleep strategies on his own.

**Fussing vs. crying:** Fussing noises are common sounds for your baby to make, especially when he is winding down and preparing to fall asleep. He does not require a check-in when he is fussing as this would likely make him more stimulated and lead to crying. However, when he is crying, he will require some reassurance from you (following the Techniques as outlined in the Guide).

**Illness & Teething:** Teething and illness can certainly disrupt sleep. The good news is that a child with good sleep habits will handle sleep better during times these times. If you suspect that teething or illness is bothering him, it is important to address the problem by offering pain relief (as directed by your doctor) to help ease the pain ensuring he can feel more comfortable during sleep time. Also, picking him up to hold him for a few minutes without rocking or bouncing can be helpful. The most important thing is to address the teething or illness. Then put him back into his crib awake if it is sleep time and remember to not use an old sleep prop at this time.

**Monitors:** Be cautious when using a baby monitor. With a monitor we respond to our babies at the slightest whimper instead of allowing our babies a chance to find their own way back to sleep. By keeping a monitor at a low setting, it may provide your baby with a few minutes to self soothe before responding immediately and allow you to have a more restful sleep.

**Siblings:** It is every parent's fear that having one child wake in the night is going to wake up the other child who is sleeping well. It is normal to feel this way. It is a good idea to have a conversation with an older child, letting him know his parents are helping the baby sleep better. He may hear him wake and cry in the night and they, as parents, are taking care of him. A sibling will likely not be listening for a sibling when he wakes like mom and dad are, and should continue to sleep well until the morning. Again, after a couple of weeks, this will not be a concern once the sleep training period is complete.

**Sleep debt:** As a child begins to repay his sleep debt, it is very normal for him to appear sleepier and at times clingier than usual during his awake period. This is a symptom of him catching up on his sleep debt. As he begins to sleep better and becomes more rested, he will be more alert during this time. It is also common for parents to feel a bit more tired as they go through the process, as you will begin to have more consolidated sleep and have your own sleep debt to resolve.

**Sleepy cues:** You will use the Ideal Schedule as a guide for when naptimes will begin and end. You will also need to consider when your child is showing signs of tiredness. Some of the most common ones include rubbing eyes, red-rimmed eyes, rubbing or pulling ears, yawning, arching his back, and turning

his face into your body. If he is showing strong sleepy cues prior to bedtime, it may need to be moved earlier as well.

**Take turns:** It is important for your child to become familiar with both parents implementing the sleep routines.

**Tummy time:** After 13 weeks of age, many babies will begin to practice rolling from front to back and vice versa. Please provide your baby with lots of tummy time so he can practice (3-4 times/day). Doing this will allow him to perfect his developmental skills more quickly and will eliminate the chance of waking during sleep time because he is “stuck” on his back or side.

# Final Thoughts



sound of sleep  
consulting services

## **Final Thoughts**

Remember, try to be as consistent as possible. It is crucial in helping your child sleep through the night and take good naps on his own. It is important to make the Sleep Plan a priority every day, especially in the first few weeks while he is learning the skill of sleeping on his own. It is a process that takes time, and it can also be a bit of a roller coaster ride for the first while. He may have a good night, then a not so good night, then a few good nights and so on. This is very normal and with time it will become more and more consistent.

Please keep a clear frame of mind and stay positive as you begin with this Sleep Plan. When followed exactly, you will reach your sleep goals, and he will achieve amazing results. It is important to recognize that by implementing each step of the sleep plan, your baby is moving closer to mastering the skill of independent sleep!











