



WORKSHEET FOR INDIVIDUALIZED NAP SCHEDULE

How To Use This Worksheet:

GOAL

The goal of this worksheet is to track when your child is falling asleep to better predict naps for the following days and eventually fall into a regular napping routine. This worksheet can be revisited whenever you suspect a shift in your child's sleep needs or when they appear to be needing to drop a nap.

GENERAL PLACE TO START

If you are completely lost start with these guidelines, remembering that each child has unique sleep needs and this could require dramatic shifting:

- 0-6 months: 2 hour awake times
- 6-12 months: 2,3,4 schedule
 - 2 hours awake- nap, 3 hours awake – nap, 4 hours awake - bed

DAY 1

On the first day, your job is to track when your child wakes up and then be on the lookout for “tired signs” to signal when to attempt a nap.

- Record when you begin the nap attempt and when they fall asleep
 - ideally you want this window to be under 15 minutes
- Once they are asleep, calculate how long they were awake between the sleeps
- When they wake-up, record the length of the nap

At the end of the day look at how long each nap attempt was taking. If it was taking over 15 minutes then that is a signal that you should try that nap 15 minutes later the next day. Also use the times to guide when you should begin the “sleep routine”. You want to avoid starting the routine when they are already too tired. Beginning the routine 15 minutes before the scheduled nap is ideal.

DAY 2

Today, you are going into the day with more of a plan based on the awake times and naps from Day 1. Record in a similar fashion with the tweaks based on DAY 1's observations

DAY 3

Further tweaking based on DAY 2's results.

*After 3 days if you are not seeing a pattern develop you may need to continue recording for a few more days. A sleep pattern should emerge. Always remember to take sickness, teething, growth-surts, and development leaps into account if one day has *dramatically* more or less sleep.



MOM SMART NOT HARD



WORKSHEET FOR INDIVIDUALIZED NAP SCHEDULE

0-6 MONTHS

DAY 1

DAY 2

DAY 3

WAKE-UP: _____

FIRST NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

SECOND NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

THIRD NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

FOURTH NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

BEDTIME

Attempt: _____

Asleep: _____

Time Awake: _____

❖NOTES:

WAKE-UP: _____

FIRST NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

SECOND NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

THIRD NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

FOURTH NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

BEDTIME

Attempt: _____

Asleep: _____

Time Awake: _____

❖NOTES:

WAKE-UP: _____

FIRST NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

SECOND NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

THIRD NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

FOURTH NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

BEDTIME

Attempt: _____

Asleep: _____

Time Awake: _____

❖NOTES:



MOM SMART NOT HARD



WORKSHEET FOR INDIVIDUALIZED NAP SCHEDULE

6-12 MONTHS

DAY 1

DAY 2

DAY 3

WAKE-UP: _____

WAKE-UP: _____

WAKE-UP: _____

FIRST NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

FIRST NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

FIRST NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

SECOND NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

SECOND NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

SECOND NAP

Attempt: _____

Asleep: _____

Time Awake: _____

Nap Length: _____

BEDTIME

Attempt: _____

Asleep: _____

Time Awake: _____

BEDTIME

Attempt: _____

Asleep: _____

Time Awake: _____

BEDTIME

Attempt: _____

Asleep: _____

Time Awake: _____

❖NOTES:

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