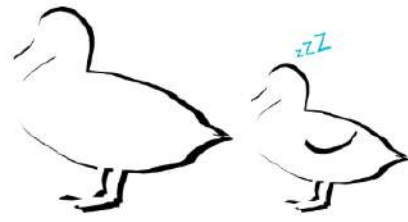


Quick Guide



WEEK TO SLEEP™

Bedtime Routine:

- Hallway lights off
- Nurse (if applicable)
- Read 2 short books or 1 long book
- Lights out & white noise on
- Hold and rock for 1 minute
- Put in bed and say "I love you, etc."
- Without talking slowly rub back, belly or chest for 1-2 minutes
- Leave the room without saying anything

Take Backs:

- Make your bedroom home base
- Go all the way back to your bedroom each round
- Use *only* the key phrase "It's time for bed, I love you, goodnight."
- Rotate caregiver each take back
- Do not react regardless of what your child does
- Repeat until your child falls asleep independently
- Treat anything before 6am as a middle of the night wake-up

Check-in:

1. Set 6-10 minute timer
 - a. Analyze cry: Scale 1-10, soothing: yes? no?
 - b. If calms/soothes re-set timer
2. Check-in
 - a. After level 10 crying for 10 min. check-in time
 - b. Relax and take a deep and calming breath
 - c. Pat back and slowly "shhh" for 1 min
 - d. Leave room-crying will likely escalate
3. Repeat as needed

Key Phrase:

"It's time for bed, I love you , goodnight."