The 3-Night Sleep Tracker

Check this first. Then pick one thing.

You're up again. You've read six articles and they all disagree. Here's what to do instead: rule out the urgent stuff, set tonight up, pick one thing.

Step 1. Check your baby first

If your gut says something is off, get your baby seen. Trust it.

Call 911

If your baby can't breathe or is struggling to breathe, stops breathing, turns pale, blue or grey, can't be woken, or has a seizure, or if you believe your baby is in danger.

Call your doctor right away. At night, go to the emergency department

A fever with a very ill look, unusual drowsiness, or crying that won't stop and is very distressed. An unexplained rash, repeated vomiting, or refusing to feed. A temperature above 104°F (40°C) again and again.

Under 6 months with any fever: see a doctor. Under 3 months: urgently.

Call the doctor's office in the daytime

A fever lasting more than 24 hours, any snoring, a new waking with ear pulling, or weight not gaining.

This list isn't complete. If you're worried, call.

Sources: American Academy of Pediatrics, Canadian Paediatric Society. I'm a trained sleep consultant, not a doctor, and this isn't medical advice.

Tonight, nothing changes.

If your baby might be hungry, feed. Comfort them the way you have been. The change starts at tomorrow's bedtime, with one thing from page 2.

Step 2. Set tonight up

Safe sleep, every sleep · not a choice, always

- ◯ On the back, firm flat mattress, nothing else in the crib
- ◯ Never on a couch, armchair, swing or bouncer
- ◯ Stop swaddling once your baby shows signs of rolling
- ◯ If you feed in your bed, put your baby back in their own sleep space before you go to sleep. If you might fall asleep during the feed, move pillows, blankets and loose bedding away first. If you do fall asleep, move your baby back as soon as you wake

Sources: American Academy of Pediatrics, Canadian Paediatric Society.

Bedtime ideas, pick from these · from my own training and experience

- ◯ Same routine, same order, every night. Lights down 30 to 60 minutes before. No screens
- ◯ Move the bedtime feed to about 20 minutes before bed, and try to keep your baby awake through it
- ◯ One short sleep phrase, like "Nighty night, time to sleep," every time
- ◯ Take care of you: breathe in slowly, one more short breath in, long slow breath out

Night feeds are different. If your baby might be hungry at night, feed. You never have to prove it.

Step 3. Pick ONE thing

This week I will (one thing from the bedtime ideas)

I'll look at it again on

Track 3 nights before you change the plan

	Night 1	Night 2	Night 3
Time to settle			
Wake-ups			
Time awake			
How I felt in the morning			

One hard night isn't a verdict. Three nights is a pattern.

One person to ask for help this week

If you're struggling with more than tiredness, tell your doctor or someone you trust.

Before you buy the next plan, ask 3 questions

1. Does it promise a number of hours, nights, or days?
2. Does it claim to know exactly why babies wake?
3. Would you feel like you failed if it didn't work?

If you said yes to any, slow down. Good guidance tells you what was tested, what wasn't, and where its limits are. The guide on the next page is built to pass all three.

BEYOND GOODNIGHT @beyondgoodnight

GETTING READY IS HALF OF IT

The other half is a plan you can follow at 2 a.m.

There Has to Be a Better Way

My guide for the nights your baby wakes up over and over. For babies 6 to 12 months. Two plans, and you choose:

The Check-In Plan

You put your baby down awake and leave the room. If they cry, you go back in for short check-ins, and the waits slowly get longer. There will be some crying. This plan has the strongest research behind it for a longer stretch of night sleep.

The Stay-Close Plan

You stay close at first, and step back a little at a time over many nights. It's based on a smaller, newer study, so there's less research behind it, and it may take longer.

INSIDE

- [ ] Both plans in full, step by step
- [ ] What to do at 2 a.m., and when the plan pauses
- [ ] How to track and look again
- [ ] A free safe sleep and when-to-get-help PDF

You're on the list

I'll email you the day it opens, with your founding discount.
Got this page from a friend? Join at beyondgoodnight.com

Tell me what your night looks like right now, even in one word. DM me @beyondgoodnight. I read them.

Kylie

Beyond Goodnight shares information, not medical advice. For anything about your baby's health or safety, talk to your doctor. If you're struggling with more than tiredness, tell your doctor or someone you trust.