



SLEEP TIGHT

The Interactive Baby Sleep Workbook

Simple routines for happier days and more restful nights

Newborn to 2 Years

By Penny

TYPE DIRECTLY INTO THIS WORKBOOK

Every log, checklist and note page is fillable in any PDF reader —
or print it and write by hand.

A Note from Penny

Becoming a mother is one of the most beautiful experiences in the world — but it can also be overwhelming. Suddenly, everyone has an opinion.

- How often should your baby sleep?
- When should you feed?
- Why won't your baby settle?
- Should you wake your baby?
- Is your baby sleeping too much, or too little?

And somewhere between all the advice, routines, schedules and opinions, you can easily lose confidence in yourself.

The truth is, there is no single routine that works perfectly for every baby. But babies do thrive on consistency, appropriate sleep opportunities and predictable patterns. That is where Sleep Tight comes in.

This workbook is designed to help you understand your baby's sleep needs and create a gentle, practical rhythm for your day — from the newborn weeks all the way through to two years old. You don't need to follow a clock perfectly. You simply need a starting point.

Let's take the guesswork out of your baby's sleep and help you feel confident again.

Love, Penny

What I most want to change about our days and nights

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HOW TO USE THIS WORKBOOK

Read a section, then use the fillable boxes to record what you notice about your own baby. Your answers save in the PDF, so your workbook becomes your baby's own sleep story. Prefer paper? Every field prints as a clean writing line.

1

Understanding Baby Sleep

Baby sleep changes dramatically during the first two years.

A newborn does not understand the difference between day and night in the way an older baby does. Their sleep is influenced by feeding, development, comfort and their individual temperament. As your baby grows into a toddler, sleep gradually becomes more predictable.

Rather than expecting your baby to sleep for long periods immediately, focus first on understanding their natural rhythm. Think about:

FEED

|

AWAKE

|

SLEEP

This simple pattern becomes the foundation of your baby's day. Your goal isn't perfection. Your goal is consistency.

What does my baby's day usually look like right now?

2

The Golden Cycle

At Sleep Tight, we call this the Golden Cycle.

- FEED — YOUR BABY WAKES AND FEEDS
- AWAKE — AGE-APPROPRIATE AWAKE TIME
- SLEEP — DOWN FOR THE NEXT SLEEP
- REPEAT

As your baby grows, the length of each stage changes. Learning your baby's appropriate awake time can help prevent one of the biggest causes of settling difficulties: an overtired baby.

MY BABY'S CYCLE TODAY

Feed at	Awake for	Sleep at
Feed at	Awake for	Sleep at
Feed at	Awake for	Sleep at

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Understanding Awake Time

Awake time is how long your baby can comfortably stay awake between sleeps. It is not a strict rule — it is a guide.

Every baby is different, so use your baby's behaviour alongside age-based guidance.

SIGNS YOUR BABY MAY BE READY FOR SLEEP

- Yawning
- Staring into space
- Becoming quieter
- Losing interest in toys or interaction
- Rubbing their eyes
- Becoming fussy
- Turning away
- Becoming harder to settle

REMEMBER

Don't wait until your baby is extremely tired before beginning the sleep routine. Sleep preparation should start before your baby becomes overtired.

My baby's own tired signs

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A Guide to the First 2 Years

A quick reference for awake time, naps and night sleep. Every baby is different — treat these as gentle guides, not rules, and always follow your own baby's cues.

AGE	AWAKE TIME	NAPS	DAY SLEEP	NIGHT SLEEP
Newborn-2 mo	40-60 min	4-6, irregular	5-8 hrs	8-10 hrs, broken
2-4 mo	1-2 hrs	4-5	4-5 hrs	9-11 hrs
4-6 mo	2-2½ hrs	3-4	3-4 hrs	10-12 hrs
6-9 mo	2½-3½ hrs	2-3	2½-3½ hrs	11-12 hrs
9-12 mo	3-4 hrs	2	2-3 hrs	11-12 hrs
12-18 mo	4-6 hrs	2 → 1	1½-3 hrs	11-12 hrs
18 mo-2 yrs	5-6 hrs	1	1-2 hrs	11-12 hrs

Total sleep in 24 hours gradually falls from around 16 hours as a newborn to about 12 to 14 hours by two years.

Where my baby sits on this guide right now

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Creating Your Routine

A routine doesn't mean your entire day happens at exactly the same time. Think of your routine as a predictable sequence.

MORNING & MIDDAY

WAKE



FEED



AWAKE TIME



SLEEP

EVENING

FEED



QUIET PLAY



BATH



PYJAMAS



FEED



STORY OR SONG



BED

The times will change as your baby grows. The sequence provides the familiarity.

Our family's sequence

6

Newborn to 2 Months

The newborn stage is about establishing a rhythm rather than enforcing a strict schedule. Your newborn's needs come first.

AT THIS STAGE, FOCUS ON

- Feeding according to your healthcare provider's guidance
- Safe sleep
- Recognising tired signs
- Avoiding excessive overtiredness
- Exposing your baby to natural daytime light
- Keeping nighttime interactions calm and quiet
- Beginning a simple bedtime routine

A SIMPLE DAY

WAKE

|

FEED

|

CUDDLE / AWAKE TIME

|

SLEEP

Then repeat. Your newborn may have very different days from one another. That is normal — don't panic if today doesn't look like yesterday.

7

2 to 4 Months

This is often when parents begin noticing a little more predictability.

YOUR BABY MAY START HAVING

- More consistent periods of alertness
- A clearer day / night pattern
- Longer periods of nighttime sleep
- More predictable naps

This is a good time to strengthen your daily rhythm. Your focus: consistent wake-up, feeds, age-appropriate awake time, naps and a bedtime routine.

Don't become obsessed with the clock. Instead, combine the clock with your baby's cues.

Patterns I'm starting to notice

8

4 to 6 Months

Around this stage, many babies become more aware of their surroundings — distracted, overstimulated and increasingly interested in the world.

This can make sleep more challenging, so your routine becomes even more valuable. Create a calm transition between awake time and sleep.

DIM THE LIGHTS

|

REDUCE STIMULATION

|

CHANGE NAPPY

|

SLEEPING BAG

|

SHORT CUDDLE OR SONG

|

INTO SLEEP SPACE

Keep the sequence familiar.

Our wind-down, in our own words

9

6 to 9 Months

Your baby is becoming more mobile and more aware of the world — rolling, sitting, maybe crawling. Sleep can be disrupted by all this exciting development, and that is completely normal.

AT THIS STAGE, FOCUS ON

- Longer awake windows — often 2.5 to 3.5 hours
- Moving towards two or three naps a day
- A consistent feeding rhythm as solids are introduced
- Separation awareness — your baby may protest more at bedtime
- Practising new skills during awake time, not at bedtime
- Keeping the bedtime sequence calm and predictable

A SIMPLE DAY

WAKE

|

FEED

|

AWAKE TIME & PLAY

|

NAP

|

FEED & SOLIDS

|

BEDTIME ROUTINE

Some babies drop their third nap during this stage. Watch your baby's cues rather than the calendar — an earlier bedtime can help on shorter-nap days.

What I'm noticing at this stage

10

9 to 12 Months

As your baby approaches their first birthday, they are busier than ever — pulling up, cruising, maybe taking first steps. Your predictable routine is now their anchor in a very exciting world.

AT THIS STAGE, FOCUS ON

- Two naps a day, with awake windows of 3 to 4 hours
- A consistent morning wake time to anchor the day
- Calm, boring responses to night waking
- Standing or cruising in the cot — practise during the day
- Separation awareness peaking — keep goodbyes warm and brief
- Holding the bedtime routine steady through developmental leaps

A SIMPLE DAY

WAKE

|

FEED & BREAKFAST

|

MORNING NAP

|

LUNCH

|

AFTERNOON NAP

|

BEDTIME ROUTINE

Towards 12 months some babies begin the slow transition towards one nap — this usually settles closer to 15–18 months, so there is no rush.

My baby's rhythm at this stage

11

12 to 18 Months

Your baby is now a toddler. Walking, talking and testing boundaries all arrive together, and sleep often wobbles for a few weeks at a time. This is the stage where most little ones move from two naps to one.

AT THIS STAGE, FOCUS ON

- Awake windows of roughly 4 to 6 hours
- The two-to-one nap transition — usually between 13 and 18 months
- Bridging tricky days with an earlier bedtime rather than a late nap
- Three meals plus milk, with the last feed away from the cot
- Plenty of physical activity and daylight early in the day
- Warm, brief and consistent responses to bedtime protest

THE TWO-TO-ONE NAP TRANSITION

Signs your toddler is ready: refusing the morning nap, taking a long time to fall asleep at bedtime, or waking early after a late second nap. Move the single nap gradually later — 11:00, then 11:30, then around midday — and keep bedtime early while they adjust.

A SIMPLE DAY

WAKE

|

BREAKFAST

|

PLAY & OUTSIDE TIME

|

LUNCH

|

NAP (1-2½ HOURS)

|

SNACK & PLAY

|

BEDTIME ROUTINE

Where we are with naps right now

12

18 Months to 2 Years

By now most toddlers take one midday nap and sleep around 11 to 12 hours at night. Sleep is usually more settled, but new challenges appear: separation at bedtime, stalling, big feelings and sometimes climbing out of the cot.

AT THIS STAGE, FOCUS ON

- One nap of about 1 to 2 hours, usually starting around midday
- A total of roughly 12 to 14 hours of sleep in 24 hours
- Ending the nap by about 3pm to protect bedtime
- A short, firm and loving bedtime routine — same order every night
- Offering small choices (which pyjamas, which story) to reduce stalling
- Keeping your toddler in a cot until they can climb out safely

COMMON WOBBLES

- Bedtime stalling — one more drink, one more story. Decide the routine in advance and stick to it.
- Early rising — often a sign of too-late a nap or too-late a bedtime.
- Night fears — a dim night light and a comfort object can help.
- Nap refusal — keep quiet rest time even if sleep doesn't happen.

A SIMPLE DAY

WAKE (6:30-7:00)

|

BREAKFAST & PLAY

|

LUNCH

|

NAP (12:00-2:00)

|

SNACK & OUTSIDE TIME

|

DINNER

|

BATH, STORY, BED (7:00-7:30)

Our toddler bedtime plan

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Age-Appropriate Sleep Training

Sleep training at Sleep Tight is never about leaving a baby to cry. It is a loving, monitored approach: you give your child the space to find sleep, while staying close enough to check, comfort and reassure. What is appropriate depends entirely on age.

NEWBORN TO 3 MONTHS

No formal sleep training at this age. Your baby is still adjusting to the world, feeding often and growing quickly. Respond to every cry. What you can do now is lay gentle foundations: feed on demand, watch awake times, keep nights dark and quiet, and try putting your baby down drowsy but awake once a day so they begin to learn what falling asleep feels like.

Foundations, not rules — rhythm, feeding, awake time, and a calm sleep space.

3 TO 18 MONTHS

From around three months, most babies are ready for gentle, monitored settling. The method is simple and it is the same every night:

- Follow your usual calm bedtime routine, then place your baby in the cot awake.
- Say your sleep phrase, leave the room and start the clock.
- If your baby cries, wait and listen. Give them the chance to settle themselves.
- After 15 minutes of unsettled crying, go in for a check.
- Keep the check short and boring: reassure, a hand on the chest, no lifting, no lights, no talking beyond your phrase.
- Leave again and repeat the 15-minute cycle.

Always assess the cry. A pain, hunger or distress cry is answered immediately — this method applies to a tired, protesting cry only.

Three common scenarios

Most nights will look like one of these three. Knowing which one you are in makes it much easier to stay calm and consistent.

SCENARIO 1 — YOUR BABY GRUMBLES, THEN SLEEPS

Your baby fusses or moans for a few minutes and drifts off before the 15 minutes are up. This is the goal. Do not go in. This grumbling is your baby practising the skill of falling asleep, and it usually shortens night by night.

SCENARIO 2 — CRYING ON AND OFF

Your baby cries, settles, then starts again. Do your 15-minute check, keep it short, and leave. Expect two or three cycles in the early nights. Progress here looks like shorter cries and longer gaps, not instant silence.

SCENARIO 3 — THE CRY ESCALATES

Your baby becomes genuinely distressed, frantic or is unable to catch their breath. Go in straight away — do not wait for the 15 minutes. Comfort fully, check for hunger, wind, temperature, nappy or illness, and settle your baby completely. Try again tomorrow, or start earlier in the evening when your baby is less overtired. Stopping is never a failure.

Which scenario are we in tonight, and how did it go?

Summary, checks and timing

SUMMARY

- Newborn to 3 months: comfort always, no training — build rhythm instead.
- 3 to 18 months: gentle monitored settling with 15-minute checks.
- Check in, reassure, leave. Short, calm and predictable every time.
- Answer distress immediately. Always assess the cry first.
- Consistency matters more than speed — same routine, same words, same response.

WHY ONLY A 15-MINUTE CHECK?

Fifteen minutes is long enough for your baby to move through the fussing that comes before sleep, and short enough that they are never left feeling abandoned. Going in sooner tends to interrupt your baby just as they are settling, and going in constantly teaches them that crying brings you back rather than that sleep will come. The check reassures you both: your baby hears you are still there, and you can see they are safe, comfortable and simply tired.

HOW LONG DOES IT USUALLY TAKE?

Most families see a real difference within three to seven nights. Night one is often the hardest, night two can be slightly worse, and from night three the crying usually drops away quickly. Teething, illness, travel and developmental leaps can set you back a few days — that is normal. Return to the same routine when it passes and progress usually comes back fast.

TIP

Do the timing with a clock, not by feel — 15 minutes of crying feels like an hour. Take turns with your partner, and decide before bedtime who is doing the checks tonight.

18 to 24 Months

SLEEP TRAINING 18 TO 24 MONTHS

Toddlers need a different approach. At this age your child understands far more, has opinions, and may be in a cot they can climb out of or a bed they can leave. Checking in on a timer often makes a toddler more upset, so lead with clear, kind boundaries instead.

- Keep bedtime early and consistent — an overtired toddler fights sleep hardest.
- Give the routine a visible shape: bath, pyjamas, two books, song, lights out.
- Offer small choices inside the boundary — which pyjamas, which book — never whether to go to bed.
- Use one calm phrase and repeat it. Do not negotiate, bargain or add extra stories.
- If your toddler gets out of bed, walk them back quietly with as little attention as possible.
- Praise the wins in the morning. Toddlers work hard for your delight.

GENERAL INFORMATION

Sleep training is only one part of the picture. Awake times, daytime sleep, feeding and the sleep environment all have to be working before any settling method will hold. If nights are hard, look at the whole 24 hours first.

- Never start sleep training when your child is unwell, teething badly or has just had a big change.
- Speak to your paediatrician or GP before you begin, especially around feeding and weight.
- Follow safe sleep guidance: firm flat mattress, on the back, no loose bedding or bumpers.
- Both parents should agree on the plan and follow it identically.
- Give any change at least a week before you decide it is not working.

Our plan and the words we will use

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Daytime Sleep

Daytime sleep matters. It influences how your baby copes with the rest of the day and how easily they settle at night.

INSTEAD OF THINKING

“My baby must sleep at exactly 10:00.” Think: “My baby has been awake for an appropriate amount of time and is showing signs that they are ready for sleep.”

Your baby's naps will change as they develop. Some days will be easier than others. That's okay.

Nap observations this week

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Creating a Bedtime Routine

A bedtime routine doesn't need to be complicated. In fact, simple is often better. Choose a sequence you can repeat every night.

OUR SLEEP TIGHT BEDTIME ROUTINE

- ☐ Feed — make sure your baby has had an appropriate feed
- ☐ Bath or wash — a calming part of the evening
- ☐ Pyjamas — keep the environment calm and quiet
- ☐ Sleeping bag — use an appropriate, safe sleep garment
- ☐ Cuddle — enjoy a few quiet minutes together
- ☐ Story or song — keep it short and predictable
- ☐ Sleep — place your baby in their safe sleep space

THE ROUTINE BECOMES A SIGNAL

“It is time to sleep.”

Our bedtime routine starts at

Lights out by

16

When Your Baby Won't Settle

Before assuming your baby simply won't sleep, work through this checklist.

- ☐ Is my baby hungry?
- ☐ Is my baby uncomfortable?
- ☐ Does my baby need a nappy change?
- ☐ Is the room too hot or too cold?
- ☐ Has my baby had too much stimulation?
- ☐ Has my baby been awake too long?
- ☐ Am I putting my baby down too early?
- ☐ Have I created a consistent sleep routine?

Sometimes the answer is surprisingly simple.

What helped tonight

17

The Sleep Environment

Create a sleep environment that is dark, calm, comfortable and safe.

DARK

A dark environment can help distinguish sleep time from playtime.

CALM

Reduce stimulation before sleep.

COMFORTABLE

Dress your baby appropriately for the room temperature.

SAFE

Always follow current safe-sleep recommendations from your healthcare professional and local health authorities.

For babies and toddlers, safe sleep is more important than any sleep-training method.

Changes I want to make to the room

18

Troubleshooting

Change one thing at a time, and observe.

“MY BABY ONLY SLEEPS FOR 30 MINUTES.”

- ☐ Is your baby overtired?
- ☐ Are they being put down too early?
- ☐ Is the sleep environment distracting?
- ☐ Are naps occurring at inconsistent times?
- ☐ Is your baby going through a developmental change?

The one thing I will change first

“MY BABY SLEEPS WELL DURING THE DAY BUT WAKES CONSTANTLY AT NIGHT.”

Look at the entire 24-hour period. Consider total daytime sleep, feeding, awake periods, bedtime, your baby's developmental stage and whether your baby is becoming overtired. If you have concerns about feeding, growth, illness or wellbeing, speak with your healthcare professional.

“MY TODDLER FIGHTS EVERY NAP.”

Look at timing first. Your child may be too tired — or not tired enough. Keep a simple sleep diary for several days. Patterns often become much easier to see when they are written down.

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Your Sleep Tight Tracker

My child's daily log — one page per day for a full week.

Date

DAY 1

MORNING

Wake time	Feed	Sleep started	Sleep ended

NAP 2

Wake time	Feed	Sleep started	Sleep ended

NAP 3

Wake time	Feed	Sleep started	Sleep ended

EVENING

Bedtime routine started	Last feed	Sleep time

NIGHT

Number of wakes

Notes

DAY 2

Date

MORNING

Wake time

Feed

Sleep started

Sleep ended

NAP 2

Wake time

Feed

Sleep started

Sleep ended

NAP 3

Wake time

Feed

Sleep started

Sleep ended

EVENING

Bedtime routine started

Last feed

Sleep time

NIGHT

Number of wakes

Notes

DAY 3

Date

MORNING

Wake time

Feed

Sleep started

Sleep ended

NAP 2

Wake time

Feed

Sleep started

Sleep ended

NAP 3

Wake time

Feed

Sleep started

Sleep ended

EVENING

Bedtime routine started

Last feed

Sleep time

NIGHT

Number of wakes

Notes

Date

DAY 4

MORNING

Wake time

Feed

Sleep started

Sleep ended

NAP 2

Wake time

Feed

Sleep started

Sleep ended

NAP 3

Wake time

Feed

Sleep started

Sleep ended

EVENING

Bedtime routine started

Last feed

Sleep time

NIGHT

Number of wakes

Notes

DAY 5

Date

MORNING

Wake time

Feed

Sleep started

Sleep ended

NAP 2

Wake time

Feed

Sleep started

Sleep ended

NAP 3

Wake time

Feed

Sleep started

Sleep ended

EVENING

Bedtime routine started

Last feed

Sleep time

NIGHT

Number of wakes

Notes

Date

DAY 6

MORNING

Wake time

Feed

Sleep started

Sleep ended

NAP 2

Wake time

Feed

Sleep started

Sleep ended

NAP 3

Wake time

Feed

Sleep started

Sleep ended

EVENING

Bedtime routine started

Last feed

Sleep time

NIGHT

Number of wakes

Notes

DAY 7

Date

MORNING

Wake time

Feed

Sleep started

Sleep ended

NAP 2

Wake time

Feed

Sleep started

Sleep ended

NAP 3

Wake time

Feed

Sleep started

Sleep ended

EVENING

Bedtime routine started

Last feed

Sleep time

NIGHT

Number of wakes

Notes

20

Your Sleep Tight Plan

For the next 7 days, don't try to change everything.

DAY 1-2

Observe. Write down when your baby sleeps, wakes, feeds and becomes tired.

My note

DAY 3-4

Look for patterns. When does your baby usually become tired?

My note

DAY 5

Introduce a more predictable sequence.

My note

DAY 6

Repeat.

My note

DAY 7

Review — what is working, what isn't, what pattern am I seeing?

My note

REMEMBER

Consistency doesn't mean perfection. Some days will go beautifully. Other days won't. That doesn't mean you've failed — you simply begin again at the next sleep.

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A Final Word for Mum

There will be days when you feel like you have everything figured out. And there will be days when you wonder what on earth you are doing. Both are normal.

Your baby doesn't need a perfect mother. Your baby needs you. Give yourself permission to learn your baby. Watch. Listen. Adjust. Try again.

And remember that establishing healthy sleep habits is a process, not something that happens overnight.

You've got this. Sleep Tight, Mum.

One kind thing I will do for myself this week

IMPORTANT NOTE

This workbook is for general guidance only and does not replace medical advice. Always consult your pediatrician, GP or healthcare professional about your child's feeding, growth, health and sleep.