



SLEEP TIGHT

The Interactive Baby Sleep Workbook

Simple routines for happier days and more restful nights

Newborn to 6 Months

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. You don't need to follow a clock perfectly. You don't need to have a "perfect" baby. 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.

THIS IS A FREE SAMPLE

You're reading the first pages of The Sleep Tight Interactive Workbook. The full workbook contains all 15 sections, every checklist, the troubleshooting guide, the 7-day plan and a week of fillable daily sleep trackers.

GET THE FULL WORKBOOK

Visit the Sleep Tight website to buy the complete interactive workbook and start filling it in tonight.