

Evolutionary Parenting 'Back to Basics' Email Course

Homework Chart: Healthy Sleep Habits

The first chart here is for you to see what you are doing in terms of providing a healthy sleep environment. For the following five days try to implement each of the areas listed, but don't worry if you can't. Making changes can take time so these are here to serve as a reminder to help these elements become more habitual. However, the more you are able to do, the more you will get a better idea of your child's natural sleep rhythm so you can work directly with that to maximize your sleep.

Element to Implement	Day 1	Day 2	Day 3	Day 4	Day 5
Lower temperature in the late afternoon/evening <ul style="list-style-type: none">Remove layer of clothing, air dry from bath, lower central heating					
Dim lights once temperature is lowered <ul style="list-style-type: none">~60% of full lights in the room (lower for LED lights)					
No screens 90 minutes before bed					
Enough outside time <ul style="list-style-type: none">At least one hour outside, preferably 2 or more					
Processed their day and emotions with them					
Was emotionally available before and at bedtime					
Actively calmed them doing one of the listed means (can write what you did and the effect here if that helps)					
Naps were not in a dark and quiet environment					

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This chart is for tracking the sleep habits of your child to help determine what the ideal bedtime is that will facilitate the best sleep possible. Identifying these times can help identify patterns for the future; however, don't get caught up on the day-to-day. Look at everything at the END of five days to see what you have found. If you are not sure, you can continue this for another five days, especially if you're still implementing various elements above.

Element to Track	Day 1	Day 2	Day 3	Day 4	Day 5
What time did your child wake up?					
How many naps did your child take during the day and how long were they?					
What were the endurable awake times between sleep periods (nap and bedtime)?					
What time did you notice the pre-sleep energy?					
When did your child eat last before bed and how much? (If nursing, was it a full nurse or a quick nurse?)					
Including sleep <i>the night before</i> , how much sleep did your child get in the 24 hours leading up to this bedtime?					

Did you have to abort bedtime and try again? If so, what time did you first try and when did you next try?

How long did it take for your child to fall asleep at the final bedtime?

How long was the first stretch of sleep?

How many wakings were there total?

Things to be aware of:

- Endurable awake periods are typically longer at the end of the day and after longer naps.
- If you haven't dimmed lights by the time you see the pre-sleep energy, dim them immediately.
- Food is also linked to bedtime in that our children need to be full to sleep well so if dinner is too distant from bedtime then you may need to include a bedtime snack if your child is old enough.
- Bedtimes less than 15 minutes are ideal. Between 15 and 30 and you're on the right track, but see what might be done. Longer than 30 and you know that the bedtime is wrong and likely impacted by one of the primary elements (sleep pressure, physiology, psychological readiness).
- Cues such as rubbing eyes and yawning happen early and when they first appear are often not a sign of a child being fully ready for sleep, but just starting to be ready. You may still have another 30 minutes before sleep pressure is at its fullest and you may even see these signs right before the period of pre-sleep energy.