

Sleep Training Schedule

Night One	Leave for 3 minutes	Leave for 5 minutes	Leave for 8 minutes	Leave for 10 minutes	Leave for 12 minutes. Continue this pattern, increasing each interval by 2-3 minutes until baby is asleep
Night Two	Leave for 5 minutes	Leave for 8 minutes	Leave for 10 minutes	Leave for 12min	Leave for 15 minutes. Continue this pattern, increasing each interval by 2-3 minutes until baby is asleep
Night Three	Leave for 8 minutes	Leave for 10 minutes	Leave for 12 minutes	Leave for 15 minutes	Leave for 18 minutes. Continue this pattern, increasing each interval by 2-3 minutes until baby is asleep
Night Four	Leave for 10 minutes	Leave for 12 minutes	Leave for 15 minutes	Leave for 18 minutes	Leave for 20 minutes. Continue this pattern, increasing each interval by 2-3 minutes until baby is asleep
Night Five	Leave for 12 minutes	Leave for 15 minutes	Leave for 18 minutes	Leave for 20 minutes	Leave for 23 minutes. Continue this pattern, increasing each interval by 2-3 minutes until baby is asleep