# Infant Sleep Training

This playbook outlines a series of strategies designed to establish healthy sleep habits in infants. The goal is to aid both parents and infants in achieving restful sleep through a structured approach to sleep training.

### Step 1: Consistency

Set a consistent bedtime and wake-up time for your infant every day. Routine is key in establishing a sleep schedule.

### Step 2: Bedtime Routine

Create a calming bedtime routine that could include activities such as a warm bath, reading a book, or gentle rocking.

### Step 3: Sleep Environment

Ensure the infant's sleeping environment is conducive to sleep. It should be cool, dark, and quiet.

### Step 4: Lay Awake

Put your infant down to sleep while they are drowsy but still awake. This teaches self-soothing and independence when falling asleep.

### Step 5: Comfort Item

Introduce a safe comfort item like a small baby blanket or soft toy that the baby can associate with bedtime and comfort.

### Step 6: Respond Gradually

When your infant cries, pause before responding to give them a chance to self-soothe. Gradually increase the waiting time each night.

### Step 7: Feeding Adjustments

Adjust daytime feedings to ensure your infant is getting enough to eat during the day and doesn't need to wake up hungry at night.

### Step 8: Stay Positive

Remain calm and positive. Sleep training can be a challenging process, and maintaining a positive attitude is important for both you and your infant.

## General Notes

### Safety First

Always follow safe sleep guidelines for infants to reduce the risk of SIDS, including placing your baby on their back to sleep and keeping the crib free of loose bedding and toys.

### Patience Needed

Understand that sleep training is a gradual process. It can take days to weeks for an infant to adapt to new sleep habits.

### Health Check

Consult with a pediatrician to ensure there are no underlying health issues that may be affecting your infant's sleep.