



Sleep Plan Worksheet

Now it's time to devise your own twins sleep-coaching plan! Create the plan with your partner. Think it through, talk it through, and write it down. Putting your plan on paper will ensure that you're both on the same page (literally and figuratively!) and will help you avoid miscommunication. Most important, it will help you be consistent with your twins.



Before you start sleep coaching, meet with your pediatrician and discuss your twins' eating, growth, and general health. Rule out any potential underlying medical conditions that may be interfering with your twins' sleep. Make sure your pediatrician has given you the green light to begin sleep coaching.



★ Total amount of nighttime sleep our twins should get: _____

Total amount of daytime sleep: _____

Number of naps: _____

After reviewing our twins' eating and sleep logs over the last few days, we believe their natural bedtime window is: _____ p.m. ★

We will be working toward an approximate eating and sleeping schedule as outlined below:

Wake-up range: 6:00 am – 7:30 am _____

Breakfast or feeding _____

Window of wakefulness _____

_____am nap length min. and max. _____

Lunch or feeding _____ ★

Window of wakefulness _____

_____am/pm nap length min. and max. _____

Window of wakefulness to bedtime _____

Snack _____

Optional 3rd nap? _____

_____ pm Dinner or feeding

_____ pm Start bath/bedtime routine ★

Feeding (if age appropriate)

_____ pm Lights out and in bed



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OUR BEDTIME ROUTINE WILL INCLUDE THE FOLLOWING:



1. _____
2. _____
3. _____
4. _____
5. _____



★ If applicable, we have created a sleep manner sticker chart with the following manners: ★



OUR BEDTIME PLAN





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★ OUR BACK UP NAP PLAN IS: ★

★ OUR NAP PLAN AT HOME:

OUR CHILDCARE PROVIDER HAS AGREED TO THE
FOLLOWING: ★

We're ready to go! We have blocked out three weeks of our schedule
and are dedicating ourselves to improving our twins' sleep habits!
There is sleep for all at the end of the tunnel!