

Bedtime Fading Instructions

Select a consistent time (7 days a week) you would like your baby to wake in the morning (eg, 7am)

For a few nights, delay your baby's bedtime by 15 minutes (eg, from 7:00pm to 7:15pm)

After a few nights, if your baby is still taking a while to fall asleep, delay their bedtime by a further 15 min (eg, 7:30pm)

Continue this process until your baby falls asleep more easily





Graduated Extinction (Controlled Crying) Schedule

| Night | 1 st Wait | 2 nd Wait | 3 rd Wait | Subsequent |
|-------|----------------------|----------------------|----------------------|------------|
| 1 | 2 | 4 | 6 | 6 |
| 2 | 3 | 5 | 7 | 7 |
| 3 | 5 | 10 | 15 | 15 |
| 4 | 10 | 15 | 20 | 20 |
| 5 | 15 | 20 | 25 | 25 |
| 6 | 20 | 25 | 30 | 30 |
| 7 | 25 | 30 | 35 | 35 |

Remember: (a) plan ahead for what days of the week you will do this (eg, over a weekend); (b) it's important you have good support during this process (eg, partner, parent) who can take over, and (c) plan ahead for what you can do when you 'tag out' (eg, go to another room, and listen to music with headphones on).