

Now, Let's Make a Plan

What's your plan for sleep emergencies?

(Circle the options that feel right. Fill in the blanks with clear ideas. You will appreciate having these specific ideas and plans later.)

Divide the night: I take half, my partner takes the other half

What block of time are you taking?

What block of time is your partner taking?

Who is available to help out at night?

Who can stay with us overnight and care for the baby?

Names of family members

Names of friends

Names of hired helpers (doula, night nanny, etc):

Name #1: _____ Phone or email: _____

Which days of the week are they available to come?

Sun Mon Tues Wed Thurs Fri Sat

Name #2: _____ Phone or email: _____

Which days of the week are they available to come?

Sun Mon Tues Wed Thurs Fri Sat

Name #3: _____ Phone or email: _____

Which days of the week are they available to come?

Sun Mon Tues Wed Thurs Fri Sat

Things to help cover up baby's sounds when it's my time to sleep:

- Earplugs
- Sound machine
- Soft music
- Being in a separate room
- Going to someone else's house to sleep
- Staying in a hotel

Sleep aids to consider if I'm really struggling to relax, drift off and stay asleep:

- Warm bath
- Comfortable bedding
- Acupuncture
- Meditation
- Massage
- Nidra yoga
- Sleepytime tea

Over the counter meds

Prescription meds

Doctor or psychiatrist who can help me with meds:

Name:

Phone and/or email:

Sleep Hygiene

A routine for going to bed is important for winding down and getting consistent, good quality sleep. Here are some things to consider:

What time will we go to bed each night?

Work your way backwards - how many hours of sleep do you want to aim for each night? (7-8 hours is ideal.) Even though you're waking frequently to tend to your baby, it's important to set yourself up for the sleep you really need. Protect your baby's bedtime and your own, as often as you can.

What time will I turn off my screens (phone, computer, tv, etc)?

Ideally, this is at least an hour before you want to go to sleep. Set an alarm if you need a reminder.

What are some books you've been wanting to read?

Reading a real book made of paper before bed can help get you into a calmer, more relaxed state. We recommend choosing books that are entertaining, light-hearted, and not baby-related. (Don't worry about finishing the chapter or remembering what you read. Falling asleep while you're reading is optimal!)

Other tips for sleep hygiene:

- ✓ Limit your caffeine intake, and discontinue caffeine after 3pm.
- ✓ White noise machines are not just for babies! Find one that has lots of different sound options so you can choose a rainstorm, or the ocean or whatever helps you drift off and stay asleep.
- ✓ Write down your to-do list or journal before bed. Find a resting place for your thoughts and worries so you can relax and drift off.