



Sleepy Signs: If your baby...

- pulls on his ears
- rubs his eyes
- yawns
- sucks his fingers or thumb
- has trouble focusing his eyes or keeping them open
- cries when there is nothing wrong
- jerks his arms or legs



...he might be getting tired! Take advantage of your baby's sleepiness by starting to get him to bed as soon as you notice him showing any of these signs. The longer you wait, the harder it may be to put him to sleep later.

Sleep Log:

My Baby's Name:

The following log will help you record when your baby starts to get sleepy, falls asleep, and wakes up, which can help you begin to understand when it will be easiest to get him to sleep. Record each of baby's bedtimes for three days and notice if there are any times it is especially challenging, or easier, to follow the **ABCs of Safe Sleep**. And give yourself a pat on the back for always putting your baby to sleep alone, on his back, and in a crib!

	DAY 1:	DAY 2:	DAY 3:
When did baby show signs of sleepiness? What signs?			
What time did baby fall asleep?			
Who put baby to sleep?			
Where did baby fall asleep?			
What position did baby sleep in?			
How long did baby sleep?			
What challenges did I face in following the ABCs of Safe Sleep at this bedtime?			
What successes did your baby have during these 3 days?			
What steps can you take to help your baby sleep better and/or safer?			

Tips for helping baby fall back asleep on her own:

- Keep lights low and your voice quiet when feeding or changing at night.
- Put baby to bed when she's **awake but sleepy**.
- Watch for baby's **sleepy signs** and put her to bed before she gets overtired.
- If baby fusses during sleep time, wait a few minutes before going to her. She may go back to sleep on her own.
- If baby is fussy, touch her gently without picking her up. Talk sweetly and quietly to calm her.
- If baby is crying or frantic, check her to see what may be bothering her; she may be hungry, have a dirty diaper, or may not be feeling well.