

# Loved to Sleep Nap Worksheet

Nap Plan For: \_\_\_\_\_ Age: \_\_\_\_\_

Ultimate Nap Goals: \_\_\_\_\_

Desired Nap Location(s): \_\_\_\_\_

Sleep Friendly Environment:     Noise                       Lighting  
    Temperature     Other \_\_\_\_\_

Nap Time Routine: 1. \_\_\_\_\_  
(5 minutes or less) 2. \_\_\_\_\_  
   3. \_\_\_\_\_  
   4. \_\_\_\_\_  
   5. \_\_\_\_\_

Short-term Nap Strategies:     Holding     Carrying     Feeding  
    Rocking     Nursing     Other 1: \_\_\_\_\_  
    Other 2: \_\_\_\_\_     Other 3: \_\_\_\_\_