



Loved to Sleep Baby Sleep Guide

*Nurture Your Baby To Sleep
With Minimal To No Crying*

Jen Varela & Andrea Strang
www.lovedtosleep.com

WELCOME

We are so glad you found the Loved to Sleep book and method. Our sincere hope is that this guide gives you some valuable insight into sleep coaching wherever you are on your journey. This guide consolidates the fundamental sleep coaching essentials in an easy-to-digest manner. The information contained in this guide is relevant to most families and can be used right away.

When parents are making the best parenting decisions for their children, it is in the moments that require parents to listen to their children, assess their needs, and then intentionally respond. This is also true when training your baby to sleep. The Loved to Sleep Method is a nurturing strategy in which you invest your time to reduce the amount of crying and improve sleep. Essentially, you are trading tears for time. This method is designed to give you the tools to assess what is right for your family. Not every family has the same expectations or wants the same end result regarding how and where their baby sleeps.

See the "Loved to Sleep" book available on [Amazon](#).

DETERMINE YOUR SLEEP GOALS

What are your long-term and short-term goals for your child's sleep? Do you want your baby to sleep through the night? By what age? What does "sleeping through the night" mean for your family? Would you be happy with a peaceful bedtime and evening? Do you want one or more longer stretches of sleep? Are you OK with one or more night wakings or night feedings? When do you hope to accomplish these goals?

It's a good idea to write down your goals to refer to them when you are evaluating your sleep strategy throughout the process. Your goals may change during this sleep coaching journey, and that is fine and expected. Remember, sleep coaching is not a linear process, and as you learn about your baby in the sleep coaching journey, you might identify new needs that you were not aware of before starting sleep coaching.

Determine your long-term sleep goal:

Things to consider:

- Where do you want the baby to sleep?
- How do you want to put your baby to sleep?
- What is currently working?

- What is your night feeding plan?
- How much sleep does your baby need?

At the end of this “Loved to Sleep Baby Sleep Guide” we have included a Fill-in Sleep Plan to help you assess and write down your sleep goals.

We realize you might be reading this guide asking yourself, “What can I do now? Tonight? I can’t keep going being this sleep deprived or having my baby this exhausted and over-stimulated. Maybe I need to do cry-it-out?”

There are other options! You don’t have to do cry-it-out and you don’t have to do something that leaves you feeling guilty. You can honor both your own needs and the needs of your baby. Your parental intuition is an important part of coaching your baby to learn how to self-soothe. We use the word learn intentionally because sleep is a learned skill. You can support your baby as you nudge your little one to do a bit of the work to learn how to self-regulate and self-soothe.

With the Loved to Sleep Method, we’ll give you step-by-step tools to gently nudge your little one to better sleep. The Loved to Sleep Method is highly adaptable to your family’s unique sleep needs and is mindful of the temperament of your baby. You will focus on small Sleep Shifts, which keep you moving towards your desired goal – all while keeping tears to a minimum. We highly recommend that you get the “[Loved to Sleep](#)” book and consider beginning with our Loved to Sleep Quick-start Steps. To get more information on the book and method visit <http://www.lovedtosleep.com>.

LOVED TO SLEEP WORKSHEET

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Loved to Sleep Worksheet

Sleep Plan For: _____ Age: _____

Note: Meet with Doctor and/or Lactation professional to rule out potential underlying medical conditions interfering with sleep and to discuss your night feeding goals prior to sleep coaching.

Ultimate Sleep Goals: _____

Desired Sleep Location: _____

Short-term Sleep Location Options: Separate Sleep Space _____
 Separate at Bedtime then Bedshare
 Bedshare Entire Night

Sleep Friendly Environment: Noise Lighting
 Temperature Other _____

Bedtime Routine: 1. _____
2. _____
3. _____
4. _____
5. _____

Initial Bedtime: _____ Natural Bedtime (Suspected): _____

Early Sleep Signs: _____

Advanced Sleep Signs: _____

Wakeful Window After Long Nap (More than 45 Minutes): _____

Wakeful Window After Short Nap (Less Than 45 Minutes): _____

Sleep Coaching Method (Which Lane Are You In?): _____
 Coaching at Bedtime Only (Slow Lane)
 Coaching at Bedtime & Beginning of Night (Middle Lane) Until: _____
 Coaching at Bedtime & Through Entire Night (Fast Lane)

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Base Sleep Association (What Are You Doing Now?): _____

Planned Sleep Shifts:

1. _____ → _____
2. _____ → _____
3. _____ → _____
4. _____ → _____
5. _____ → _____
6. _____ → _____
7. _____ → _____
8. _____ → _____

Middle of the Night Sleep Coaching Steps/Strategies (If Different than Above):

Night Feeding Goal: _____

Daytime Feeding Plan: _____

Current Night Feeding Times: _____

Quantity/Length: _____

Planned Dreamfeed Times: _____

Goal for Weaning Dreamfeeds: _____

Morning Routine (Dramatic Wake Up): _____

ABOUT THE AUTHORS

Jen Varela

Over the course of the last decade, sleep coaching expert Jen Varela has helped more than 4,000 families find the sweet sleep they've been deprived of and desperately needed. Through her experience, she aims to provide parents with solutions that bring hope and strategies that work with each child's temperament in the sleeping location that the parents prefer from bed-sharing, room-sharing with the baby on a separate sleep surface, or the child being in their bedroom. These families have benefited from her expertise at workshops and on phone consultations — and more than 800 of them in the U.S. and around the world have achieved their sleep goals through private one-on-one coaching with Jen via her company, Sugar Night Night.



Jen is a member of the International Association of Child Sleep Consultants and a Certified Gentle Sleep Coach® trained by Kim West, *The Sleep Lady*®; she also trained with the Infant Mental Health Community Training Program—Hospital for Sick Kids. In addition to her work as a sleep coach, Jen serves as the California chapter liaison for Postpartum Support International (PSI-CA), which helps families dealing with perinatal mood and health disorders (PMADs). Prior to coming on board with PSI, Jen was the president of San Diego-based Postpartum Health Alliance. Jen is a mother of two and holds a bachelor's degree in Human Services with an emphasis in Counseling from California State University, Fullerton.

Andrea Strang

Andrea is a Holistic and Gentle Child Sleep Consultant, Educator, Author, and Postpartum Doula. She started her sleep practice in 2004 after supporting families as a Postpartum Doula for many years. Since then, Andrea did her training in a variety of programs including Holistic Sleep Coaching, Gentle Sleep Coach, Naturally Nurturing, Infant Sleep Educator, CBT for Insomnia, and Sleep: Neurobiology & Society. She also has an associate degree in marriage and family studies and holds three university certificates in Advanced Marriage and Family Functioning, Human Relations, and Home and Family. As well as two certificates in infant mental health.

Andrea is currently an instructor and mentor for Child Sleep Institute, UK based BabyEm and serves Sleep Coaches around the world through the Sleep Coach Collective membership program. She is also the author of *Gentle Night Weaning the Kinder Way*, and *The Kinder Method*.

