

Sleep Regression Survival Checklist

Your Quick-Start Action Plan for Peaceful Nights

✓ 5 Signs Your Toddler Is in a Sleep Regression

- Sudden increase in night wakings (after sleeping well)
- Fighting bedtime when they used to go down easily
- Shorter naps or complete nap refusal
- Extra clingy or fussy during the day
- New developmental leap (walking, talking, potty training)

■ Quick-Win Bedtime Adjustments (Try Tonight!)

- Move bedtime 15-30 minutes earlier (overtiredness makes it worse)
- Add 10 minutes of 1-on-1 'connection time' before the routine
- Dim lights 30 mins before bed (helps melatonin production)
- Keep the routine SHORT: 20-30 minutes max
- Same order, same time, every single night

■■ 3 Mistakes That Make Regressions WORSE

- ✗ Introducing new sleep props (rocking, co-sleeping, feeding to sleep)
- ✗ Constantly changing your approach (consistency is everything)
- ✗ Keeping them up late hoping they'll 'tire out' (backfires every time)

■ Your Night 1 Action Plan

1. Start bedtime routine 30 minutes earlier than usual
2. Spend 10 minutes of focused, phone-free connection time
3. Follow your routine in the EXACT same order as always
4. When they wake at night, wait 2-3 minutes before responding
5. Keep interactions boring: dim lights, whisper, minimal eye contact
6. Repeat the same soothing phrase: 'It's sleepy time. I love you.'

Want the complete DREAM Method? Get the full guides at:

thesleepregressionsolution.com