

BEDTIME FADING PROGRAM

- Look at your completed sleep diary to find a time when your child has exhausted her/himself and falls asleep when left alone. Whatever this time is, say for instance it is 1:00 am, add 30 minutes to this time.
- Put your child to bed at this time, that is 1:30 am the next night. It is important to keep your child awake before this new bedtime even if s/he wants to fall asleep earlier. Also do not let your child sleep longer than usual in the morning even if s/he is tired.
- If s/he falls asleep within 15 minutes of being put to bed without resistance for two consecutive nights, move back bedtime 15 minutes, from 1:30 am to 1:15 am. If your child doesn't fall asleep within 15 minutes after being put to bed, then have her/him leave the bedroom and extend bedtime for 1 hour to 2:30 am and then put her/him back to bed.
- Continue to move back the bedtime by 15 minute increments after every two days if s/he successfully falls asleep within 15 minutes until a desirable time is reached. This bedtime fading program has the advantage of giving children the experience of falling asleep without fussing. The drawback of this program is that one has to be prepared to carry out the above procedures for as long as it takes to gradually roll back your child's bedtime to a reasonable hour.