



The Rhythm Revelation

Decode your baby's sleep language through trust, not "timed" training.

Every child has cues, patterns and comforts that help them rest best.

This worksheet helps you notice & honor those rhythms instead of forcing them.

- 1. Track sleepy cues: yawns, eye rubs, zoning out, fussiness, lack of appetite.**
- 2. Track settling methods: feeding, rocking, dark room, white noise, touch, etc.**
- 3. Record nap/night sleep duration (without waking them on purpose).**
- 4. Note anything unique (time of day they resist, environment, routine).**

Day	Sleepy Cues (yawns, eye rubs, zoning out, etc.)	How Your Baby Settled (rocked, dark room, fed, tossed n'turned etc.)	Nap / Sleep Length

SOME STEP-BY-STEPS TO GET YOU STARTED:

- What cues showed up before sleep? (yawns, zoning out, clinging, staring into space)
- How did you respond and how did your baby respond back?
- What conditions seemed to support sleep? (light, sound, contact, movement)
- What helped them settle most easily this time?

HOW TO USE THIS SLEEP TRACKER:

- Print 3 copies for 3 days of logging!
- After 3 days, look for rhythms: When is your child most tired, how does he/she fall asleep fastest, how long does he/she stay asleep?

Suggested Reflections...

- Which patterns are repeating?
- Which environment + methods seem to support deeper rest?
- What was the longest stretch of sleep you noticed?
- How did **you** feel in those moments: calm, tense, surprised?

Every baby's rhythm is unique, if you want support mapping yours, DM me on Instagram [@babysleepbliss](https://www.instagram.com/babysleepbliss)

