

A real 6-month sleep plan

Anonymised. Structure intact. Read what a real plan looks like.

A FREE GUIDE FROM
BABY SLEEPING COACH

***A note before we start.** This guide is for general education only. It is not medical advice. If your child has any medical condition, suspected condition, or symptom that concerns you, please consult a qualified paediatrician before making any change based on this guide. See the full medical disclaimer at babysleepingcoach.com/terms.*

About this plan

This is a real plan delivered to a real family in late 2025. Names, dates, and identifying details have been changed. The structure, recommendations, and follow-up notes are real.

The family

Baby: 'Liam', 6 months 2 weeks at intake. Born at 39+5. Birth weight 3.2 kg. Currently 7.4 kg, tracking the 50th percentile. Exclusively breastfed plus 2 weeks of solids. Mom on maternity leave for another 4 months. Dad works from home.

The presenting problem

Bedtime taking 45 to 75 minutes of rocking. 4 to 6 night wakings, all needing a feed to resettle. Mom averaging 4 hours of broken sleep. Started solids 2 weeks ago hoping it would help. It has not.

The intake findings

- **Wake windows:** Currently averaging 1.5 hrs. Recommended for 6 months: 2 to 2.5 hrs. Sleep pressure too low at bedtime.
- **Naps:** 4 naps, all under 40 minutes. Likely overtired entering naps.
- **Bedtime:** 6:00 pm (too early given wake windows).
- **Last feed:** Falling asleep on the breast, transferred to cot.
- **Night feeds:** Quick and short, looks habit-driven.
- **Environment:** Room slightly light, no white noise, temperature 24 C (too warm).

The recommended plan (summary)

Week 1 (foundation)

- Move bedtime to 6:45 pm. Stretch wake windows to 2 hrs.
- Drop to 3 naps. Cap the last nap at 45 minutes by 4 pm.
- Add blackout to the window. Lower room temp to 20 C.
- Add white noise (continuous, 50 dB).
- Final breastfeed of the day moves to before bath.

Week 2 (independence)

- Goal: Liam falling asleep in the cot, awake but calm, at bedtime.
- Method: graduated response. Mom or dad in the room, sitting next to cot, gradually moving further from cot over 5 nights.
- Night feeds: one feed allowed between 12 am and 4 am. All other wakings, soothe without milk.

Follow-up notes (verbatim, from coaching calls)

Day 3 check-in

Bedtime down to 20 minutes. Liam still crying on first part of bedtime but settling within 10 minutes. 3 night wakings instead of 5. Mom is sceptical but persisting.

Day 7 check-in

Bedtime now 10 minutes, no crying. 1 to 2 night wakings only. Mom got 6 hours of consolidated sleep last night for the first time in 7 months. Reported tearfully.

Day 14 check-in

Bedtime 8 minutes. 0 to 1 night waking. Naps now 60 to 90 minutes each. Liam is more cheerful during the day, mom is sleeping. Plan to drop the remaining night feed over the next 7 days by reducing duration. Done.

What changed and why

The big issue was undersleeping during the day combined with a feed-to-sleep association at bedtime that the partial arousals were anchoring to. We did not change the feeding. We did not change the love. We changed the structure of falling asleep at bedtime and the room environment. Everything downstream followed.

Why this plan would not fit your baby exactly

This plan was built for Liam. Different temperament, different schedule, different bedtime drama would produce a different plan. The framework is reusable. The specifics are not.

Want a plan built for your child, not for the internet?

The full Sleep Reset program includes a 90-minute private consult, a 6-page personalised plan, and 2 weeks of text and iMessage support. Book your free 15 min discovery call at babysleepingcoach.com