



3-Day

Sleep Prep Checklist

Set your baby, and yourself, up for smoother sleep training

Olivia Rose | Rosebud Sleep



Welcome!

Sleep success starts before sleep training begins.

Hi! I'm Olivia – Pediatric Sleep Consultant, RN, and founder of Rosebud Sleep.

Starting with the right foundation makes a huge difference when it comes to sleep training. This 3-day prep guide will help you get your child's sleep space, routines, and your own mindset ready. Let's make this transition a little smoother, together.

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Day 1 – Set the Sleep Environment

Is your room ready for sleep training?

A calm, safe sleep space helps your baby feel secure and reduces resistance at bedtime.

- White noise machine plugged in and volume-tested
- Room is pitch black (can't see your hand? That's ideal!)
- Consider black out curtains if sunlight's sneaking in
- Crib is safe and clear – no bumpers, pillows, or toys
- If not using a crib: space is safe and baby-proofed
- Monitor is tested and ready if you use one
- Room temperature is 68-72 degrees F



Day 2 – Adjust Routines + Timing

Start easing into a rhythm that supports sleep.

These small shifts make a big impact once you begin training.

- Choose a consistent wake-up and bedtime
- Track naps and bedtime for 1-3 days (use an app or jot it down)
- Begin a simple bedtime routine (3-5 calming steps, same each night)
- Watch your baby's sleepy cues / your child's behaviors at bedtime
- Introduce a safe lovey or comfort item if they don't have one already (if age-appropriate*)
- Spend positive time in the sleep space – play or read in the room during the day



Day 3 – Prep Your Mindset & Support

You matter, too. Be prepared for your own success.

This step is often overlooked, but it's so important.

- Talk through expectations with your partner
- Choose a start night when there's no travel, appointments, or big events
- Prep a few easy dinners or groceries for the week
- Write down your “why” to come back to on tough nights
- Give yourself grace. It's a process, not perfection

Thank You!

Thank you for preparing with me!

Sleep training is a big step, and just by starting here, you've already set your family up for more rest, more confidence, and more calm.

Because your child's sleep matters, and so does yours.

- ☾ Explore my support packages
- ☾ Book a free discovery call
- ☾ Visit: RosebudSleep.com
- ☾ Follow along on Instagram: [@RosebudSleep](https://www.instagram.com/RosebudSleep)

*Sleep sweetly,
Olivia Rose*