

## DAY ROUTINES (Module 4)

### *Summary*

Optimizing the day routine as part of the sleep training process is one of the most important things you can do - if your child's day routine is not balanced or if they are chronically overtired, then all other sleep issues will be very difficult to address.

However, maybe your child currently is seemingly not yet capable of taking the long naps suggested in our day routines, or they constantly wake up too early, or maybe they take a very long time to settle to sleep which throws the whole routine off. Obviously, the knowledge from this module alone isn't going to be able to suddenly "fix" your child's day routine. Often these sleep problems are layered and it takes addressing other issues such as ingrained sleep associations to be able to achieve your ideal day routine. So don't worry! We're going to get to that part in the following modules!

Go to your worksheets now and answer the questions for **Module 4 - Summary.**