

## SLEEP ASSOCIATIONS (Module 6)

### *Summary*

If your little one is already settling independently without external support, it is possible that optimizing the sleep environment and day routine will be enough to improve your child's sleep. We would suggest you implement the changes to those 2 factors for up to one week consistently to see what kind of improvement is possible just with optimizing the sleep environment and day routine.

However, if you realize from working through this module that your little one is struggling with sleep issues because of one or more unhelpful sleep associations, then you will need to work with a settling method to create new patterns and habits. We'll go into more detail on how to do this in the next two modules, **but first go to your worksheet for Module 6 - Sleep Associations, and do the exercises there.**