

## SLEEP TRAINING PROCESS (Module 8)

### *Summary*

Congratulations! You've made it through to the end of the course! Now that you've gone through all of the content, all you have to do is go to your worksheet pages **Module 8 - My Sleep Training Plan**, add the final touches, and then it's time to get started!

You've just covered a LOT of information in the modules, and it might feel overwhelming to remember all the details. Don't worry, we've got you covered! You can print out the transcript of any part of the course, the worksheets and day routines to have on hand during sleep training. Plus, remember to check out the FAQ and Troubleshooting modules for any specific issues.

We are so proud of you for taking this brave step towards creating more sustainable sleep habits for your whole family and have complete faith in your ability to implement your sleep plan. Know that we are cheering you on! If, despite reading through the material, you still have questions before, during or after sleep training, check out the Support Module for more information on both the upcoming group coaching calls and our current individual coaching options. We would love to connect with you and support your family to achieve better sleep! That's all from my side for now, you got this!