



Sleep Training – Time-Based Visiting

Day	1 st Visit	2 nd Visit	3 rd Visit	4 th Visit	5 th Visit	6 th Visit	7 th Visit
1	10 sec	30 sec	1 min	3 min	5 min	10 min	30 min
2	30 sec	1 min	3 min	5 min	10 min	30 min	
3	30 sec	3 min	5 min	10 min	30 min		
4	1 min	3 min	5 min	10 min	30 min		
5	1 min	5 min	10 min	30 min			
6	5 min	10 min	30 min				
7	5 min	30 min					

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