



The Daddy Sleep  
Consultant

## SLEEP GOALS

I recommend having 3 to 4 goals to anchor you in this process.

**Sleep Goal 1: What do you want your little one's bedtime to feel like?**

**Sleep Goal 2: What do you want bedtime and during the night to look like?**

**Sleep Goal 3: How do you want your daytime to be structured?**

**Sleep Goal 4: What's a personal sleep goal for your family?**