



GoodNight Sleep Trainer

Welcome to the guide to a GoodNight of Sleep.

INSTRUCTIONS

MODEL #4m-004-000



GoodNight Sleep Trainer

Welcome to the guide to a GoodNight of Sleep.

Thank you for purchasing the 4moms Goodnight Sleep Trainer. Here at 4moms, we understand that one of the biggest challenges you face as a new parent is getting your baby to sleep through the night. Sleep experts have written dozens of books that detail proven methods to help your child sleep through the night, but, let's face it, it's not easy to remember the details of a book you read when it's 4AM and your baby is crying. That's why we've worked closely with Dr. Jim Tucker to take these proven methods and put them into a simple to use hand-held device—the GoodNight Sleep Trainer.



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Congratulations on your new baby!

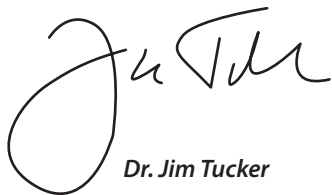
Over the years I have heard from many new parents that their lives would be perfect if only everyone in the house could get a decent night's sleep. As you now know, you only sleep at night when your child sleeps.

For several decades pediatricians have been counseling new parents to allow babies over four months of age the opportunity to fall asleep independently. It is important for babies to fall asleep under the same conditions they will experience if they come to a lighter stage of sleep during the night. Babies who fall asleep at the bottle or breast or in someone's arms do not stay asleep as well as babies who fall asleep by themselves.

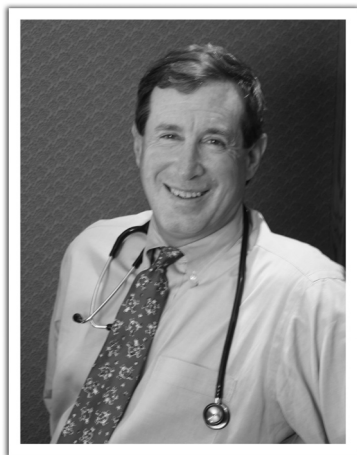
Let me explain why with an example we all can appreciate. If you are used to falling asleep with a pillow you've probably experienced a night when you wake up and realize something is wrong. Your pillow is missing. If it has slipped to the floor you pick it up and go right back to sleep. But what if your pillow was no where to be found? You would turn on the light, search under the bed, get upset and not be able to go back to sleep. That's how babies feel when they're used to falling asleep with mom and dad.

And that's why the Goodnight Sleep Trainer was developed. In my experience, most families get excellent results in less than two weeks. Be sure to read the manual so you understand how to use the Goodnight Sleep Trainer properly and safely. Your baby needs a good night's sleep and so do you.

Pleasant dreams,



Dr. Jim Tucker



Chapter 1: Important Safety Instructions



The GoodNight Sleep Trainer is intended as an aid in teaching children who are at least 4 months old to sleep through the night. It is not a substitute for a parent's best judgement and supervision. The manufacturer and distributors of the GoodNight Sleep Trainer cannot be held responsible for the improper care of a child.



Do not use if your pediatrician advises you not to use this sleep training method with your child.



At the age of four months, most children's digestive systems are sufficiently developed that they can sleep through the night without needing a feeding. If there is some reason you think this might not be the case for your baby, please consult your pediatrician before using the GoodNight Sleep Method. This is especially true with babies who were born prematurely or children with special needs.



To avoid Sudden Infant Death Syndrome (SIDS), experts recommend always putting your baby to sleep on his back.



The GoodNight Sleep Method should not be used when your child is ill, teething, experiencing a lot of stress, or tackling another major skill such as walking or crawling.



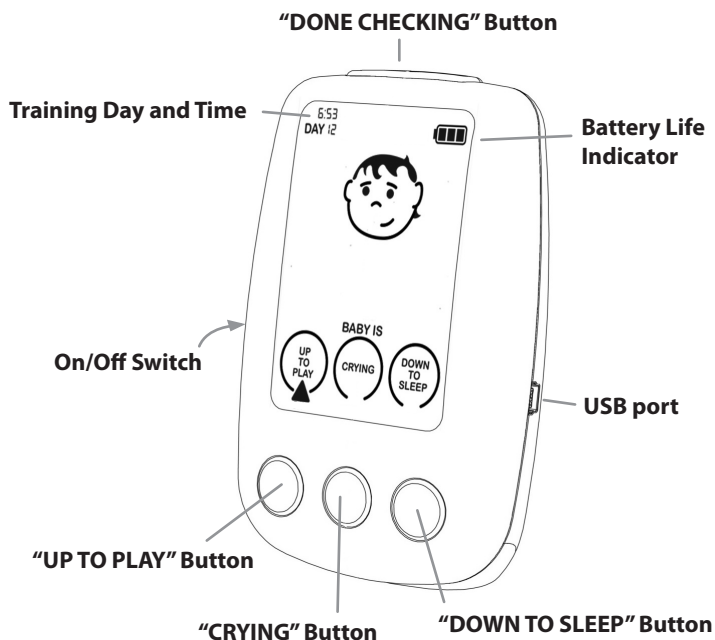
The GoodNight Sleep Trainer is not a toy. It is intended for adult use only and should not be left in a child's crib.



To prevent fire or shock hazard, do not expose the GoodNight Sleep Trainer to rain or moisture.

Chapter 2: Use and Setup Modes

Use Mode

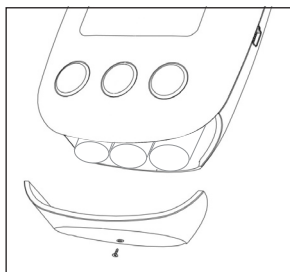
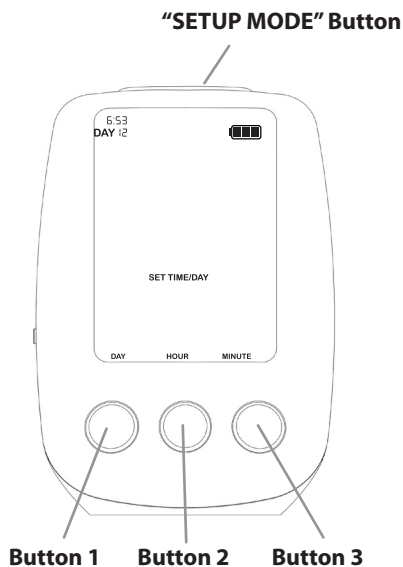


The GoodNight Sleep Trainer is easy to use:

1. Push the "Down to Sleep" button at bed or nap time.
2. Push the "Up to Play" button when sleep time is over.
3. Push the "Crying" button if baby wakes up in-between the two or if baby has a hard time settling down to sleep and bed time.

Over a 10 day period, the progressive timer gradually increases how long to wait before going in so your child learns how to sleep through the night. When the timer finishes, briefly check on your child and then press the "DONE CHECKING" button.

Setup Mode



Remove screw from base to open battery compartment.

Batteries: The GoodNight Sleep Trainer requires 3 AA batteries (not included). Replace batteries when the battery indicator shows that the battery is low.

The unit automatically enters Setup Mode when the batteries are removed and replaced.

Clock: To set the clock or day in the training cycle, hold the "DONE CHECKING" button on the top of the unit for 3 seconds. The unit will enter SETUP mode. Press Button 1 on the front of the unit to advance the Day in the training cycle. Press Button 2 on the front of the unit to advance the Hour. Press Button 3 to advance the minute. When everything is set correctly, press the "DONE CHECKING" button on the top of the unit again to return to normal mode.

Chapter 3: The GoodNight Sleep Method

Teaching your baby to sleep is a science

There are dozens of references available on teaching your child to sleep through the night. Fortunately, instead of reading them all, you can follow three simple steps:

- (1) Decide what you want your child to associate with sleep.
- (2) Follow the GoodNight Sleep Method: teach your child to fall asleep with the new sleep associations by maintaining a balance between letting the child cry – so they learn to soothe themselves, and providing comfort – so the child gets parental support.
- (3) Track your progress over time.

Nobody sleeps through the night

Even before you had a baby, you woke up about every 90 minutes during the night. The most likely reason you don't remember this is that, after a quick check on your surroundings, you fell right back to sleep. (The second most likely reason you don't remember is that it's been so long since you actually had a good night of sleep).

Adults, children, and babies all wake up several times per night. There are five levels of sleep, all of which are required for our body and brain to function properly. We cycle between the four stages of deep sleep and a light rapid eye movement (REM) sleep. At the end of the REM portion of our sleep cycle, we naturally wake up briefly. As long as nothing in our environment alarms us, we drift back to sleep.

Around 4 months, most babies no longer need to eat during the night, though they may still enjoy a midnight (or 3AM) snack. Once your pediatrician has advised you that these feedings are no longer necessary, you can start the GoodNight Sleep Method.

Going to sleep is a learned behavior

It's a commonly held misconception that sleeping is like breathing, something we are born knowing how to do. As a new parent, nobody needs to tell you that's not true, or at least, not the whole truth. While babies instinctively know how to sleep, they need to learn to *fall asleep* and *establish good sleep patterns*. Just as your child must learn to master skills like crawling or walking, they also need to learn to sleep. In fact, it is ironic how much effort is required to "fall" asleep.

Sleep associations are how we learn to sleep

There is some good news here. While there's not much you can do to teach your baby to crawl or walk, you *can* teach your child to fall asleep. In fact, each and every time your child goes to sleep, you are giving a lesson in what is necessary for falling asleep. Sleep associations are all the things your child associates with falling asleep. Whether you nurse, rock, or recite poetry in Greek to your child, this is what you are teaching your child is necessary to fall asleep.

There is nothing wrong with sleep associations. Even adults have sleep associations. For example—try to go to sleep without a pillow. Sleep associations only become a problem when they're not readily available during our regular nighttime awakenings. To use the pillow example, usually you wake briefly during your sleep cycle, roll over and fall back to sleep, and never remember anything. But if somebody snatched your pillow while you were sleeping, the next time you woke up, you'd notice your pillow was missing and would need to look for it before going back to sleep.

Now think of your child's sleep associations. The way that your child falls asleep when you put him to bed for the night (or even down for a nap), is also what your child will expect when he wakes each time throughout the night. Think back to the pillow example. It's no wonder your child wakes up crying if he fell asleep in your arms and woke up in a crib or if he dozed off with a bottle and woke up to find it gone. Remember that each time your child falls asleep, he is building a sleep association based on this experience.

Choose the best sleep associations for your child

Sleep associations are very helpful because they help signal to your child that it is time to settle down to sleep. After 9 months in the womb, your child already has some sleep associations. This is why movement (e.g. being rocked), white noise (e.g. riding in a car), and having Mommy or Daddy close by are so successful at lulling babies to sleep. However, all of these sleep associations are outside your child's control. You can teach your child to associate sleep with new conditions that they *can* control.

Since your goal is to get your child to fall back to sleep peacefully at each nighttime waking, try working backwards from here. We've found that some sleep associations work really well, while others are to be avoided.

A dark and quiet crib is the best sleep association for an infant. This means that they need to be put to bed while drowsy but awake. A 2004 study commissioned by the National Sleep Foundation found that, on average, children who were put to bed awake slept over an hour more per night than their peers who were put to bed after falling asleep. The study also found that babies who were put to bed while awake were twice as likely to sleep through the night.

For a slightly older infant or toddler, a "lovey", a special blanket or stuffed animal, that has a familiar smell can help baby feel secure and cozy in bed. Make sure that whatever you choose is safe for infants with no small parts that can fall off and become choking hazards. Also, follow all the guidelines for preventing SIDS and avoid any stuffed animal that can cover a young child's face. Talk to your pediatrician for more advice on a lovey.

White noise is often an effective sleep association because it reminds babies of their time in the womb. Remember that the white noise needs to be on all night while the baby is asleep. A fan can be great for providing some low volume white noise, plus a recent study shows that using a fan in baby's room may reduce the risk of SIDS.*

The American Academy of Pediatrics recommends that parents consider using a pacifier at nap time and bedtime during the first year because pacifier use during sleep is associated with a reduced risk of SIDS. While a pacifier can help an infant settle down to sleep, if you introduce this sleep association now, you will eventually have to break your toddler of this sleep association.

* A study published in the October 2008 issue of Archives of Pediatrics and Adolescent Medicine found that using a fan cut the risk of SIDS by 72%.

Sleep Association Do's and Don'ts

Do put your child to bed drowsy but awake in the same place he will spend the night.

Do consider offering your child a “lovey” to make her feel safe and secure in bed, but make sure the lovey is safe for infants with no small parts or long cords and that it cannot cover the child's face which could increase her risk for SIDS.

Do consider using a pacifier for children under the age of one year.

Do consider running a fan or using some other white noise in your child's room.

Don't offer food or drink to your child while he is going to sleep. This can eventually lead to cavities in your child's teeth. Also, eating when not hungry (just to help to fall asleep) is an unhealthy habit, and perhaps one reason poor sleep habits have been linked to childhood obesity.

Don't stay in the same room as your child as she falls asleep unless you plan on being present all the time she is asleep for a long time (several years). Remember—your child will expect to find everything the same as when she dozed off *every time* they wake during their sleep cycle.

Don't rely on rocking, driving around in the car, or sleeping in a swing. None of these sleep associations are sustainable (unless you're planning on sending your child on a long space mission) and all are outside your child's control.



ALWAYS PUT YOUR CHILD TO SLEEP ON THEIR BACK!

Putting a child to sleep on their side or stomach increases the risk of Sudden Infant Death Syndrome or SIDS. See the American Academy of Pediatrics website for other SIDS prevention tips.

Chapter 4: How to Use the GoodNight Sleep Trainer

Here's how the GoodNight Sleep Trainer works. Rather than staying with your child until he or she falls asleep, the GoodNight Sleep Trainer encourages you to leave the room, but make brief checks at specific intervals to make sure your child is okay and to reassure your child that his cries are not being ignored. Each visit should be brief. Remember that you do *not* want your baby to fall asleep with you present – you do not want to restart your baby's self-soothing process by picking him up. Simply check to make sure that your baby is safe and healthy and reassure him with a quick "Everything is okay. Go to sleep."

Teach your baby to sleep using the GoodNight Sleep Method

1. Put your child down to sleep while drowsy but awake. All the sleep associations should be consistent with your goals. (For more on establishing good sleep associations, see Chapter 3)
2. If your baby starts crying, press the "Crying" button to switch the GoodNight Sleep Trainer into teaching mode. This will start a progressive timer. Wait until the timer finishes.
3. Go check on your baby to reassure both yourself and your child that everything is okay.
4. Press the top "Done Checking" button. This will reset the timer and alarm. Again, wait until the timer finishes.
5. Repeat steps 3 and 4 until your baby quiets down and falls asleep. Once that happens, press the "Down to Sleep" button.

If the timer goes off just as your baby is finally settling down to sleep, feel free to wait a few minutes before peeking in.

Remember that no schedule or device should replace your best judgment. If you think you need to go in to check before the timer is done, please go check!

Consistency is key

Remember that the only times you get to teach your baby how to sleep through the night is when she is actually trying to fall asleep. Once she is asleep, the teaching opportunity is over. The flip side to this is that every time your child falls asleep, she is learning.

By following the GoodNight Sleep Trainer's approach of progressive waiting, you can help your child to learn this important life skill while still providing the parental support and reassurance that your baby needs.

Hang in there

When you put your child to bed using the new sleep associations, it is likely that he will shed some tears. This is a challenging time for you as a parent, because you know what sleep associations will settle your baby down to sleep and nobody wants to see their child frustrated and unhappy. Take heart!

- The GoodNight Sleep method *does* work. Within 10 days, nearly all parents report that their child is sleeping through the night. Most parents report significant improvements in just 3-4 days.
- This is *good for your child*. Once your child masters the skill of falling asleep on her own, she will sleep better which has been linked to many health and cognitive benefits. Also, *you* waking up several times during the night isn't any better for your baby than it is for you—you will be a better parent when you are not exhausted and cranky.
- Many other parents have gone through this process and are cheering for you and your baby.

Although the steps outlined above are simple and logical, they're not always easy. Just like learning to crawl, walk, or any other new skill, learning to go to sleep is sure to cause some tears of frustration for your baby (and sometimes some for you too). With the GoodNight Sleep Trainer, you have support every step of the way.

Tips for using your GoodNight Sleep Trainer

- **Develop a loving bedtime routine.** A bedtime routine is like a sleep association in that it conditions your baby to be ready to go to sleep. Develop a routine that works for you and your baby. Some suggestions include taking a warm bath, reading books together, brushing teeth, and playing soft music. Avoid television or stimulating activities such as roughhousing. Pick a start time for your routine and try to stick to it making this time peaceful and calming for you and your baby.
- **Maintain a regular daytime schedule.** Keeping a predictable schedule for feeding, naptimes, and activities during the day (on both weekdays and weekends) helps your baby to set her internal clock which will make going to sleep at night easier.
- **Follow your baby's lead and put your child to sleep when he is tired.** If you try to put your child to bed while he is still wide awake, he won't be able to settle down to sleep and will associate the crib with being awake. On the other hand, if you ignore your child's cues that it's time for bed, your child will get a "second wind" even though he would benefit from an earlier bedtime.
- **Consider using a lovey.** A special blanket or stuffed animal that has a familiar smell can help baby feel safe and cozy in bed. Make sure the lovey is safe for infants with no small parts or long cords. The lovey should follow all the guidelines for preventing SIDS and should not be able to cover your child's face. Talk to your pediatrician for more advice on an appropriate lovey.
- **Consider using a fan to generate some white noise in your baby's room.** White noise can help drown out some background sounds, plus it reminds babies of their time safe and snug in the womb. Additionally, fans may be linked to a lower risk of SIDS. If you do choose to use a fan or other white noise device, it must be left on all night and not just when your baby is falling asleep.

Track your progress

Use the GoodNight Sleep Trainer to keep track of what time your child goes to bed, gets up in the morning, naps, and any nighttime awakenings. Simply press “Down to Sleep” whenever your child falls asleep and “Up to Play” when your child wakes up. You can use our website to view your child’s data over time, spot trends, and compare your child’s data to national averages. You can also trade advice with other parents or request help.

Uploading data to the website

With a computer running Windows XP or Windows Vista connected to the internet and a USB cable (not included), the GoodNight Sleep Trainer can upload the data online. It is not necessary to install any software onto your computer.

Note: this version of the GoodNight Sleep Trainer is not compatible with computers running Mac OS, Linux or a version of Windows other than those listed.

Step 1: Plug the USB cable into the GoodNight Sleep Trainer and your computer.

Step 2: The GoodNight Sleep Trainer should automatically open the GoodNight Sleep Trainer webpage. If this does not happen automatically, go to www.GoodNightSleepTrainer.com.

Step 4: Create a free account to login to the website.

Step 5: Follow the instructions to upload data to the website.

Note: A file “goodnightsleeptrainer.dat” will appear on the Desktop of your computer and can be deleted after uploading it to the website.

For more information and troubleshooting, please see our website: www.GoodNightSleepTrainer.com

Chapter 5: Frequently Asked Questions

How long does it take the GoodNight Sleep Method to work?

Most parents report significant improvements in just 2-4 days. Within 10 days, nearly all parents report that their child is sleeping through the night. If you do not see an improvement in 15 days, talk to your doctor (there are tools on the website for sharing your data with your pediatrician).

Will the GoodNight Sleep Method work if I'm breastfeeding?

Absolutely. Whether you are breastfeeding or bottle feeding, try to keep your baby awake until the end of the feeding session and then follow the GoodNight Sleep Method for putting your baby to sleep drowsy but awake.

How long should I spend in my baby's room at each CHECK in the GoodNight Sleep Method?

Each visit should be brief. Remember that you do *not* want your baby to fall asleep with you present. Nor do you want to restart your baby's self soothing process by picking him up or rocking him. If your child has thrown a lovey to the floor, you can retrieve it, but if he throws it again, leave it there until the next time you come to check on him. Simply check to make sure that your baby is safe and healthy and reassure him with a quick "Everything is okay. Go to sleep."

My child sleeps in a regular bed. Can we still use the GoodNight Sleep Trainer?

Teaching sleep associations is easier with younger infants but, with practice and persistence, can be done at any age. We assume that your child is still an infant and confined to a crib, but the plan can be adapted to older toddlers as well, though you may need a safety gate to keep your child in her room.

How long should my baby be sleeping?

This varies from child to child but some averages can be found in the chart below

Age	Hours of Nighttime Sleep	Hours of Daytime Sleep	Total Sleep
1 month	8.5 - 10	6-8	15-16
3 months	7-11	5-8	14.5-15.5
6 months	10-12	3-4.5	14-15
9 months	10-12	2.5-3.5	13.5-14.5
12 months	10-12	2-3	13-14
2 years	10-12	1-2	12.5-13.5

If your baby seems to be getting too much or too little sleep (more than an hour difference than the range for his age), talk to your pediatrician about your concerns since it could be indicative of another problem.

Will letting my baby cry hurt her?

Variations of this method have been used for decades and embraced by the medical community. Many studies that show the *benefits* for you and your baby of getting the necessary amount of sleep.

My doctor has told me my child needs special care, should I still use the GoodNight Sleep Method?

No. Discontinue use of the product immediately as your pediatrician knows your child better than we do.

My child is 3 months old but still small for her age and my pediatrician says she needs to eat at least once during the night. Can we still use the GoodNight Sleep Method?

No. The GoodNight Sleep Method is intended for babies who no longer require nutrition during the night. You can still use the product to track her sleep cycles but should follow your pediatrician's advice and hold off on sleeping through the night.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by Thorley Industries d/b/a 4moms could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- **Reorient or relocate the receiving antenna.**
- **Increase the separation between the equipment and receiver**
- **Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.**
- **Consult the dealer or an experienced radio/TV technician for help.**

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Thorley Industries, LLC warrants that this product will be free from manufacturing defects for a period of 90 days from original purchase. No other warranty is expressed or implied. If the product fails to function properly within this timeframe, call 4moms toll-free at (888)43-4moms for instructions on how to obtain a replacement. No refunds will be issued.

Please register this product on-line at

<http://www.4momsonline.com/productregistration> so we can communicate with you if necessary.

