

Comparing Sleep Training Techniques:

	Bedtime fading	Cry it Out (CIO)	Camping Out
What it is	Adjusting bedtime later to make sure your child is sleepier at bedtime	CIO is basically putting your child to sleep and leaving them alone. The technical term is “extinction”. There are two types: Unmodified: leaving your child on their own until she falls asleep Graduated: checking at your child at set intervals. Note that checks are more for parents than kids	“Camping out” consists of gradually scaling back your involvement at bedtime. So if your child falls asleep with you rubbing his back, then you stand by the crib without contact x 3 days, then sit in a chair for 3 days, then move the chair near the door for 3 days, then outside the doors for 3 days
Who is it for?	Any age	I prefer this for kids in cribs. Younger is easier. It get harder after 2 years of age	Works for any age
Pros	Very helpful to add to other sleep training techniques	Very effective Works quickly	“Gentler” for many kids Effective
Cons	Sometimes a later bedtime can backfire— if your child’s bedtime is after 9-9:30 PM OR if he gets hyperactive when you move bedtime later, I might leave bedtime earlier or leave the time alone	Lots of crying Not for the faint of heart “Extinction burst” (worsening crying) on night 2 or 3 is common	Takes a long time to work You can still get an extinction burst If your child can’t tolerate you being out of the room you may end up with extinction
Other notes		Most pediatricians do this method on their own children as it is very effective. Experiment with checks. Checks made my son cry harder	You need to provide boring interactions with your child. Here’s my script: “I love you. It’s time to go to sleep. Good night”. If your child wakes up at night I recommend doing whatever you were doing at bedtime. So if you are sitting in a chair you get back in a chair.

Comparing Sleep Training Techniques:

	“Excuse me” Drill/ Taking a break	Rewards system (simple)	Rewards system (more complicated)
What it is	<p>“Excuse me drill”: You leave your child’s room for really short breaks after making excuses. At first the intervals are short, then they get longer.</p> <p>Taking a break: Put your child in bed and leave for 1 minute between bedtime and sleep time. Increase by 1 minute every night.</p>	<p>The bedtime pass means giving your child a pass or two which she needs to hand if she leaves the room. If she keeps the passes, she can redeem them for a small reward the next day.</p> <p>If she leaves after all the passes or gone she needs to go back to her room without comment</p>	<p>For older kids you may want to consider a more elaborate rewards system around points, so children can work towards short and long term goals.</p>
Who is it for?	3 and up	3 and up	4 and up
Pros	Good for anxious kids	Research has shown that kids tend to hoard their passes	Effective
Cons	<p>Pretty labor intensive</p> <p>You need to go slowly if your child can’t tolerate your absence for 1 min, you need to start with shorter periods of time.</p>	Some kids don’t respond to rewards	Can be complex to implement
Other notes	<p>Using these techniques, the goal is to gradually increase the interval you are outside of your child’s room until they organically start falling asleep on her own.</p> <p>Unlike other techniques, cuddling and praising your child extravagantly is really helpful.</p>	<p>Rewards should be small and simple.</p> <p>Getting to pick a show.</p> <p>10 minutes of extra screen time</p> <p>Playing catch with Mom/Dad etc.</p>	<p>If you are interested in this I highly recommend Alan Kazdin’s book, (affiliate link).</p>

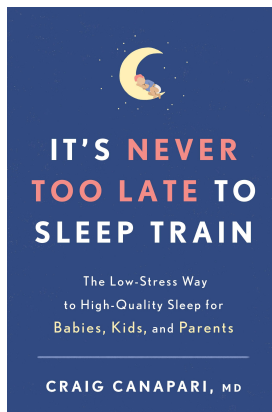
Are you still struggling with sleep training?

These techniques on this form are great, but there are some steps you can take before you even try these techniques. If you do so, sleep training is much easier. In fact, you may not even need to sleep train at all.

If you don't know what to do next, don't despair. Check out my book, [It's Never Too Late To Sleep Train](#).

In it, I'll show you:

- *Why* your child is struggling to sleep
- How the psychology of habit underpins the annoying things your children do at bedtime and during the night
- The way to address habits such as feeding and night time tantrums
- The best way to improve your child's bedroom, bedtime routine, and timing of bedtime to make sleep so much easier



And that's before we even get into the different sleep techniques above. I'll show you in detail how to use each technique, help you chose the right one for your child, and walk you through the steps for each technique.

Available wherever fine books are sold.