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Hi there!

My name is Tamiko Kelly and I understand what it’s like to struggle with your child’s sleep. As a nanny turned child sleep consultant, I spent over 10 years working with busy families and spending 12-14 hours per day with their kiddos. It became very apparent to me that when the kids won’t sleep, it takes a strain on the entire family. I wasn’t able to get anything done around the house because the baby would only nap for 30 or 45 minutes (on a good day!) and would stay up ALL DAY no matter what I did. Naps became a struggle with the toddlers because
they’d rather play on the playground than sleep. Let’s not even talk about bedtime. Ugh! With all the tears, tantrums and negotiation, I dreaded getting the kids really for bed. It was a nightmare to say the least! After years of bumping my head against the wall, I started to reach out to other nannies in my network to see if anyone else was dealing with the same challenges. I was just hoping someone had the magic solution so I get my charges to go and stay asleep. When no one had the answer, I set out on a quest to uncover (what I thought at the time) was the impossible. After years of research and mentorship, I’ve unlocked the secrets to helping kids sleep and it’s my honor to share them with you. As a child sleep consultant, I’ve worked with all different types of sleep challenges and I want you to know—you’re not alone. I created Sleep Well. Wake Happy. to provide hope, support and solutions for exhausted parents just like you. Thank you for joining my community and making the 1st step on your family’s sleep journey. I’m based in beautiful Austin, TX and help families all throughout the world (either in person or virtually) address their child’s sleep challenges.

We live in a “tired and wired” society where always being “on” is celebrated. Sleep has taken a backseat to playdates, sports practice and the millions of other things on our to-do list. Many kids are so overscheduled it’s no wonder they fall
asleep in strollers, car seats and at school during class. Who can blame them? We scheduled everything but forgot the most important element to a child’s day: sleep. Over 60 million Americans have chronic sleep disorders and I’m on a mission to keep your kids out of that number. With your help, I can empower parents all over the world to take control of their children’s sleep. Feel free to share this guide with your friends, talk about it with your family or use it to provide hope to other sleep deprived parents in your network. Join my movement on Facebook and when you’re family is ready to reclaim bedtime, I’d love to help. Our children are depending on us for guidance. Let’s usher them on a beautiful journey to dreamland.

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How to use this eGuide

This guide is formatted into steps for easy learning. I’ll share with you a useful tip for getting your child to sleep and follow it up with an action step. These action steps are powerful tools for activating your learning. I have seen clients get immediate results by just following my process, 1 step at a time. I don’t recommend that you implement all the steps at once. I suggest you read one step
at time, master it and then move onto the next. This will make it much easier for you to implement and help your child slowly adjust to the changes.

Also, be sure to get your spouse, nanny or child’s caregiver involved in this process as well. Having everyone’s “buy in” can make things much easier. If you have children ages 3 and up, I encourage you to sit down with them and discuss the changes you’ll be making. Explain to them why you’re making these changes, what they can expect and how they can help. Kids love been involved and often have great suggestions which you can use to make bed or naptime easier. Lastly, if your child is in daycare and naps is one of your challenges, I suggest speaking with the Principal and educating them on the changes you’ll be implementing. You’ll need their partnership for your little one to nap better. Let’s get started.
Step One—Prepare for Success

Before we start making any changes to your child’s sleep, we’ll need to set up a good foundation for success. Let me ask you this. What lead you to download this eGuide today? Was it your baby’s sleep? Your toddler’s? Or maybe your multiples? Let’s dig a little deeper. I know that your child’s sleep is a challenge but how is sleep deprivation effecting YOU? Are you constantly fighting with your spouse? Are your nerves on edge? Is your work starting to suffer? I want to give you a moment to be human. There is no shame in admitting you’re overwhelmed and need help with your kids sleep. There is no shame in wanting a good night’s sleep so you can perform at your best. I’m NOT here to judge you or tell you it’s your fault your kids aren’t sleeping. Actually it’s quite the opposite. I’m here to
support, encourage and propel your family towards extraordinary sleep results.

Think of it like this. When you had your baby, your doctor told you how to care for the umbilical cord and the lactation consultant showed you how to breastfeed your baby. The nurse told you the date of your next well baby appointment, showed you how to swaddle your baby and even gave you tips to avoid diaper rash. But no one ever talks about how to put a baby to sleep! You are just sent home to figure it out for yourself. This is absolutely absurd and the reason I began my business. You **should not** be forced to muddle through the day doing WHATEVER you can to get your baby to sleep. You **should not** have to accept the reality that most doctors tell their patients “Get ready for many sleepless nights because babies just don’t sleep.” You deserve better. Your child deserves better.

And I’m here to show you what’s possible.
My formula to prepare you for success is **ICE:**

**I**ntention

**C**ommunication

**E**xecution

Let’s get back to **WHY** you downloaded this eGuide. Some of my fondest memories as a kid were the summer’s spend at my grandparent’s house. We would count down the days until the end of school and bug our parents to make sure everything was in order for our trip. My sister and I would pack up in May to fly all by ourselves to see my grandpa and grandma. It was so fun! The airline stewardesses would give us candy and the pilots would let us in the cockpit. Why did we love going there? Because we’d have a blast! There were no rules, we could eat what we want and my grandpa always took us shopping. We got to see
all of our friends, play at the park and swim all summer. It was a kid’s paradise!

The same applies for you. Whatever reason lead you to download this guide today will serve as the compass for your journey. It will be the intention behind all the changes that you’ll make for the betterment of your child and family. When you have a WHY, it makes the HOW much easier to execute. At 3 am in the morning when all seems lost, you’ll have a reason to press through rough patches and reach your goals. You can do it. I believe in you.

**Communication.** I mentioned this earlier in the Guide but I think it bears repeating. It’s important to talk with your partner and make sure you’re both on the same page with making changes to your child’s sleep. There’s nothing worse than finally seeing positive results in your little one’s sleep only to have them unknowingly derailed by your spouse. Talking about things ahead of time can make the process much easier. Don’t forget to talk to grandparents, your nanny or anyone else that will interact with your child during bed or naptime. We want to let everyone know why we’re making changes, what we’re changing and our sleep goals.

**Execution.** Here I just want you to decide on a specific day which you’ll start implementing changes to your child’s sleep. Ideally, you’d want to pick a time in
the near future (no more than 2 weeks out) when you’ll be at home and able to implement the changes. If your spouse will be traveling and wants to be involved in the process, feel free to pick a 7 day period when they’ll be home. If they’re a road warrior, feel free to start the changes in their absence and fill them in when they come home. If your spouse works off hours (i.e. overnight, 24 hours shifts, etc.), pick a time that works best for your family. Please don’t pick a time when your family is traveling or when you’ll be hosting out of town guests to make changes. You want everything at home to be as normal as possible for your child. This will make implementation much easier.

****
Action Steps

1. Determine your INTENTION.

   a. Why are you making these changes? Remember: DIG DEEPER

      I’m making these changes because:

      ____________________________________________________________

      ____________________________________________________________

      ____________________________________________________________

      ____________________________________________________________

   b. What goals are you hoping to accomplish with these changes?

      When my child starts sleeping better I (they or we) can:

      ____________________________________________________________

      ____________________________________________________________

      ____________________________________________________________

      ____________________________________________________________
2. COMMUNICATE with your partner or spouse.
   
a. Have a frank discussion about the changes you’ll make to child’s sleep.

   I spoke with my spouse or partner on __________ and we decided:

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

   3. Pick your EXECUTION date

   a. Don’t overthink it. Just pull out your calendar. Pick a date and voila!

      You’ve got your execution date.

      My execution date is ____________________________________________

      ****
Before we start making changes to your child’s sleep, I think it’s important that we hone in on what we’re facing. Some kids “cat nap”, others refuse to nap and some wake up multiple times throughout the night. Determining what sleep challenges your family is facing really helps to develop an effective solution. Keeping a daily journal is one of the easiest ways to do that. When you’re tired, you can’t remember what you had for breakfast let alone what happened last week. Writing things down helps you track your child’s sleep habits and determine patterns which will be helpful in the coming steps.
Action Steps

1. Purchase a journal or notebook where you can keep track of your child’s sleep patterns for the next 3 days.

   a. Feel free to use an app to keep track this if that’s easier for you

2. Here’s what you’re tracking:

   a. Wake/sleep times

   b. Naps—when and for how long

   c. How is your child’s mood in the evening? Fearful, clingy, hyper, etc.

   d. When is bedtime and how long is the routine?

   e. Is bedtime easy or a struggle?

   f. How long after putting your child down do they fall asleep (at naps and bedtime)?

   g. Does your child have trouble settling, stay asleep or both?

   h. Does your child wake up at night? If so, how often? What do you do?

3. Highlight any patterns you see
Step 3—Early Bird Gets the Worm

As a parent, you are overwhelmed with a plethora of baby (or toddler) sleep advice. Everyone from your mom, mother-in-law to the sweet old lady at church wants to give their 2¢. You’ve heard it all. Don’t hold your baby too much or you’ll spoil them. Don’t use a pacifier or you’ll have a hard habit to break. Rice cereal in baby’s bottle will help them sleep longer. And the list goes on and on. The funny thing about advice is that no matter who you ask, you’ll get a different answer. However when it comes to your child’s sleep, the ONE thing that all experts can agree on is having a regular bedtime will make putting your kids down much easier. The optimal bedtime for your child each night is between 6 pm - 8 pm.
This will ensure they have 11-13 hours of restful, uninterrupted sleep and are ready to uncover the adventures of a new day. Experts suggest that children through age 12 need about 11 hours of sleep, so this is a great way to set the foundation for years to come.

I know, much easier said than done. I’ve been there. Having to juggle after school activities of the older kids while toting a little one along for the ride. The baby is clearly tired, but the baseball game doesn’t end until 8 pm and you haven’t even cooked dinner yet. The baby is fussing but your son just hit a homerun.

There’s no way you can leave the game now. How can you juggle bedtime with kids of different ages? Here’s my advice. Honor the sleep needs of your younger child first. Maybe have your nanny or hubby handle bedtime with the little one, so you can enjoy your son’s baseball game. If you’re a single parent, maybe ask one of the moms if she’d be willing to watch your little one so you can go to the baseball game. However, if you don’t have any additional help, please don’t miss the baseball game. Try to get your little one down for an earlier nap so they have the stamina to make it through the game. Good news is that most babies can sleep right through the loudest of baseball games like a champ!
Action Steps

1. Pick a bedtime between 6 pm – 8 pm.
   
a. Babies will benefit from a bedtime between 6-7 pm. Toddlers and school aged kids can typically go down between 7-8 pm.
   
b. If your child is usually a cranky mess by dinner time, opt for an earlier bedtime.
   
c. If your child takes a late nap, their bedtime will need be adjusted later to accommodate this.

2. Fill in your new bedtime below
   
a. My new bedtime for ______________ is ______________
   
b. My new bedtime for ______________ is ______________
   
c. My new bedtime for ______________ is ______________
   
d. My new bedtime for ______________ is ______________
3. Commit for the 3 days to uphold this bedtime
   
a. To make it easier on yourself, try not to plan any events this week that will interfere with your new bedtime. I know, life happens. However, the goal here is to uphold this new bedtime as much as possible. This is an honor system. I’m trusting you to stay true to your word. Don’t let me down 😊

4. Set a timer on your cellphone ONE HOUR before bedtime.
   
a. When this timer goes off, this is your queue to begin your bedtime routine. If you don’t have one in place, no worries. I’ll help you create one later.

5. Don’t get discouraged if you miss the goal bedtime.
   
a. Practice makes perfect. Don’t beat yourself up if you put your child down a little later than your target time. Tomorrow’s a new day. The more you practice this new skill, the easier it will become.

****
Before my days as a sleep consultant, I spent many years in Corporate America. I went to college, graduated and got a “real” job like everyone told me to. One of my favorite jobs out of college, were my days spent in visual merchandising. If you’re unfamiliar with the field of retail visual merchandising, I’ll get to that in a minute. We’ve all had salespeople assist us with making our clothing selections. Right? They pull the proper size in the garment you’d like to try on, they let you into the fitting room, convince you the garment looks fabulous
and then checks you out. Well behind the scenes, there are many worker bees setting the stage so you can make that purchase. In visual merchandising, it was my job to display the garments in such a way that you’re enticed to take a closer look. You know those wonderful window displays that make you stop dead in your tracks and go into the store? That’s some of my best handy work. Or when you’re shopping in the store and see a mannequin wearing a gorgeous dress that’ll look perfect with your new shoes? Yep, that’s me too. All those nicely color coordinated sweaters perfectly lined up in cubbies on the wall? You know the ones you’re afraid to touch? I did that as well.

I spent countless hours making things look pretty. So pretty that you were more than happy to spend your money. I won several awards and lead my stores to double digit increases year after year. I became so good at my job that I was quickly promoted to corporate and became a member of the team developing these “money spending” strategies. On all the accounts, I’d make it. No more working Black Friday and missing Thanksgiving with my family. No more after Christmas sales drama. Now I can work 9-5 and be home in time for my favorite
TV shows. But I felt something was missing. Like God had put me on this earth to do something more. I asked myself, “What’s the problem? Isn’t this what you always wanted to do?” And I thought it was until...it wasn’t anymore.

Sometimes my friends, God places a dream in our hearts and we do everything in our power to run away from it. I spent 10 years of my life trying to “fit the mold” even though I KNEW deep in my heart, I was on the wrong path. Working in retail, wasting my gifts because I was afraid to step out on faith. The moment I stopped running, I walked into my best life. One where I make all the rules and feel energized every day. I have the pleasure of serving families just like yours and making a difference. I get to impact lives, improve marriages and encourage parents to be their best. What an honor it is to be invited into your homes and help with your most precious gifts. If someone would have told me that sleep would be the vehicle of positive change in the lives of so many, I would have laughed. Never in my wildest dreams did I imagine this could happen. Me, a little brown girl from Houston, gets to live out her dreams while helping families all over US and Canada? It still amazes me and I’ve been a consultant since 2008. I’m truly blessed.
So today I challenge you to follow your heart. Listen to that small voice and take action. We all deserve to live our best life. Take that step of faith and you’ll be amazed at the outcome. Look at me. I just proved that Sleep Is Always In Fashion.

****
Step Four—Same Time, Same Place

You’ve officially entered a no judgment zone. No matter how your family sleeps, I’m here to support you. Do you co-sleep? That’s cool. Does your child sleep in Montessori bed? It’s all good. Whether your child has their own room or shares one with a sibling (or you), the key is to put them to sleep at the same time and in the same place each night. This breeds familiarity and let’s your child know they are safe in their sleeping environment. Don’t forget to do this for naps as
well. Since we’re talking about sleep environments, I want to cover two tips on how to make your child’s sleep environment safe.

1. **ALWAYS PLACE YOUR INFANT ON HIS OR HER BACK TO SLEEP, EVEN FOR A SHORT NAP.**

   Make sure baby’s caregivers also follow this practice. A baby who sleeps on its back at home, but on its stomach elsewhere (a practice known as “unaccustomed tummy sleeping”) is at a much greater risk of SIDS, according to the AAP. If you are worried about Plagiocephaly (or flat head syndrome) ensure your baby has adequate tummy time when they’re awake. Recently, several products have come on the market which help with Plagiocephaly prevention. Do your research to find the solution which is right for your family.

2. **MAKE SURE BABY IS SLEEPING ON A FIRM CRIB MATTRESS NOT CUSHIONED FURNITURE LIKE SOFAS OR LOVESEATS.**

   Co-sleeping parents, it best to select a firm mattress (without a pillow top or soft covering) and sleep on a bed close to their floor. Remove all heavy bed covering (i.e. comforters, blankets) and opt for sheets instead. Don’t allow
pets or other children to sleep in bed with your infant. Be sure to do the “two fingers” test: if you can fit two fingers between the mattress and bed frame, it’s not safe for your baby’s sleep. Try a co-sleeper instead.

**Action Steps**

1. Pick a sleep environment for your child

   a. __________________ will sleep on/in ____________________

   b. __________________ will sleep on/in ____________________

   c. __________________ will sleep on/in ____________________

   d. __________________ will sleep on/in ____________________

2. Commit for next 3 days to put your child here for **ALL** sleep.

   a. Yes for naps too 😊

   b. If you’re nervous about making this transition, start with bedtime first and then move on to naps.

   ****
Step Five—Stick to the Routine

Earlier I mentioned using your bedtime routine when putting your child to sleep. If you have already have one that’s working, great! If ain’t broke, don’t fix it. However, if you don’t have one or yours isn’t working, let’s talk. We have routines everywhere in our lives. Maybe you pay your bills on the 15th of the month. Or you get Starbucks every morning on the way to work. Routines make us feel comfortable, familiar (your favorite Barista knows exactly how you like your coffee) and just feels good. The same applies for your kiddos. Having a consistent
and predictable bedtime routine makes them feel safe. They will learn what to expect at nap/bed time which will help them fall (stay asleep) faster and longer. My favorite bedtime routine is the 5 B’s: bottle (or food), bath, brush teeth, books and bed. It’s super easy and simple to remember. When you combine this with your early bedtime, you’ll be sleeping well in no time! For naps, you would skip brushing teeth and bath but the routine would remain the same. I suggest keeping bedtime routines under 45 minutes and nap time routines around 15 minutes. If you know baths make your kids super hyper, then skip them for now. If daddy is awesome with doing the bedtime routine, let him run the show. Don’t be afraid to try different things to discover what works for your family. The goal is to find a routine and stick to it. Consistency is key.
Action Steps

1. Pick your new sleep routine
   a. My favorite is bottle, bath, brush teeth, books and bed
   b. If your current routine is working, feel free to keep it in place
   c. One rule: NO ELECTRONICS (i.e. TVs, computers or cellphones) allowed in the sleep routine
   d. My new routine is:

2. Combine your sleep routine with Steps 3 and 4
   a. Here’s what that will look like:
      i. At your new bedtime, you’ll start your routine and place your child asleep in their sleep environment.

3. For the next 3 days, implement your new sleep routine

   ****
So What’s Next?

If you like what you just learned in my 5 Steps to Sleep Success, I have something very special to tell ya...

This just the beginning.

I truly believe getting your baby to sleep through the night shouldn’t be hard. Your lil’ one can learn how to fall (and stay asleep) on their own. No really.

It’s totally possible for them to fall asleep without your boobs, a swing or being held for hours on end. And I’d love to show you how.

In my latest audio training, I share 7 more of my expert tips which will make bedtime easy. Spend 90 minutes with me and leave with the tools needed to help your baby sleep well for a lifetime.

Get free + instant access to my audio training called “Get More Sleep: The Step by Step Guide For Tired Mamas Who Want Their Babies To Sleep Through The Night But Don't Know Where To Start”

You can get your hot little hands on it here:

http://sleepwellwakehappy.com/get-more-sleep-vip/
In this training you will learn how to:

- How to get your baby sleeping through the night with 7 simple steps
- The 5 mistakes busy moms make when sleep training (and how you can avoid them)
- How to help your baby fall asleep without feeding all night long.
- My answers to your most commonly asked sleep training questions

Click the link below and get instant access to my very special audio training called “Get More Sleep: The Step by Step Guide For Tired Mamas Who Want Their Babies To Sleep Through The Night But Don't Know Where To Start”

It’ll be the best 90 minutes of your day. C'mon on over! I'll be waiting :)

http://sleepwellwakehappy.com/get-more-sleep-vip/

God Bless You!
Tamiko
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Founder of Sleep Well. Wake Happy.