

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 new parents face is getting their 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 a pediatrician to take these proven methods and put them into a simple to use hand-held device—the GoodNight Sleep Trainer.

INSTRUCTIONS

Model #

[picture of 4 moms]

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 UNDESIRE 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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[Letter from Dr. Tucker]

Congratulations on your new baby!

This is both an exciting and challenging time for you. If you feel that lack of sleep is preventing you and your child from fully enjoying these precious moments together, you are not alone. As a pediatrician for more than 26 years, I have listened to the concerns of hundreds of exhausted new—and some not so new—moms and dads and have helped these families get the sleep they all need.

When we sleep, we naturally cycle between deep sleep and light sleep. But babies can accidentally become fully awake during this process. Medical science has proven sleeping through the night is a learned skill that can be taught to babies—just like we help them learn to walk and talk.

The key element in learning how to sleep through the night is 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.

The process of sleep training involves maintaining a balance between letting the child cry—so that they learn how to put themselves to sleep on their own, and providing comfort—so that the child gets parental support.

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 3 months old to sleep through the night. It is not a substitute for a parent's best judgment and supervision – but if your pediatrician tells you not to use the sleep training method with your child, please take their advice! The manufacturer and distributors of the GoodNight Sleep Trainer cannot be held responsible for the improper care of a child.

Most children's digestive systems are sufficiently developed at the age of three months 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 or her 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.

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

Chapter 2: The GoodNight Sleep Method

2.1 Teaching your baby to sleep

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 balancing their need for reassurance with their need for independent learning and growth.
- (3) Track your progress over time.

2.2 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 our surroundings, we fall right back to sleep. (The second most likely reason you don't remember is that it's been that 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.

Around 3 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.

2.3 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*.

Just as your child must learn to master skills like crawling or walking, they also need to learn to sleep. In fact, the amount of effort involved in learning to "fall" asleep is one of the ironies of the English language.

2.4 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. If this happened often enough, it might make you quite grumpy by morning.

Now think of your child's sleep associations. The way that your child falls asleep when you put him or her to bed for the night (or even down for a nap), is also what your child will expect when he or she 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 or she is building a sleep association based on this experience.

2.5 Choose which sleep associations to keep and which to discard.

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. 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. If your child sleeps in a crib in a dark and quiet nursery, these will be some of your child's sleep associations.

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 while babies who were put to bed while asleep were almost three times as likely to need their parents' help two or more times per 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 suggestions on a lovey. Our advice—a lovey can be worth it’s weight in gold, so make sure you buy a stunt double so that you can wash the lovey and have a replacement in case one gets lost.
- 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. This is a decision that’s up to you. A pacifier can help an infant settle down to sleep, but if you introduce this sleep association now, you will eventually have to break your toddler of this sleep association.
- **Avoid** offering food or drink to your child while he or she 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.
- **Avoid** sleep associations with being held or rocked to sleep, 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.
- **Avoid** being present in the same room as your child as he or she falls asleep unless you plan on being present *all the time* he or she is asleep for a long time (several years). Remember—your child will expect to find everything the same as when he or she dozed off *every time* they wake during their sleep cycle.
- **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 Appendix for other SIDS prevention tips from the American Academy of Pediatrics.

Chapter 3: 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. Nor do you want to restart your baby's self-soothing process by picking him up or rocking 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."

3.1 Teaching 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 2)
2. If your baby starts crying, press the "Crying" button to switch the GoodNight Sleep Trainer into teaching mode. This will start a 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!

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 odder toddlers as well, though you may need a safety gate to keep your child in his or her room.

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

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.

When you put your child to bed using the new sleep associations, it is likely that he or she 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.

3.2 Tips to make your use of the GoodNight Sleep Trainer more successful

- *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 his or 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 or she 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.

3.3 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. The GoodNight Sleep Trainer logs all the data. With a computer, a USB cable, and an internet connection, 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.

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.

Chapter 4: 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 10 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."

How long should my baby be sleeping?

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

Age	Nighttime Sleep (hours)	Daytime Sleep (hours)	Total Sleep (hours)
1 month	8.5 (many naps)	7.5 (many naps)	16
3 months	6-10	5-9	15
6 months	10-12	3-4.5	14.5
9 months	11	3 (2 naps)	14
12 months	11	2.5 (2 naps)	13.5
18 months	11	2.5 (1-2 naps)	13.5
2 years	11	2 (1 nap)	13
3 years	10.5	1.5 (1 nap)	12
4 years	11.5	0	11.5

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

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 his or her room.

Question: I've read that letting a baby "cry it out" can cause all sorts of problems--will the GoodNight Sleep Method hurt my baby?

We've researched all the studies and articles we could find on possible damage to babies from crying. We have found many studies that show the **benefits** for your baby of getting the necessary amount of sleep, studies that show that insufficient sleep is harmful, but no studies that indicate that the GoodNight Sleep Method will harm your child's development. The most common study used to "prove" that crying is harmful to children referenced extreme examples where babies were kept without being held, nurtured, or given visual stimuli, which was then extrapolated to the average, loving American home. Sleep and the brain are imperfectly understood areas of medicine, so it's natural that there are differences of opinion. However, the experts within the medical community that we've consulted agree that the GoodNight Sleep Method is completely safe as long as it's properly used.

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.

Chapter 5: Technical information

Insert Numbered Drawing & description here (similar to itzbeen)

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

(PICTURE)

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 SET 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.

Note that the unit automatically enters SET mode when the batteries are removed and replaced.

Uploading data to the website: With a computer running Windows XP or Windows Vista with an internet connection and a USB cable (neither of which are included), the GoodNight Sleep Trainer can upload the data online. It is not necessary to install any software onto your computer.

Note that 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 USB port on the GoodNight Sleep Trainer **(PIC)**

Step 2: Plug the other end of the USB cable into a free USB port on your computer.

Step 3: The GoodNight Sleep Trainer should automatically launch a web browser to www.goodnightsleeptrainer.com and generate a file “goodnightsleeptrainer.dat” on your desktop. If this does not happen automatically, open “My Computer” in the Explorer and double click on the GoodNight Sleep Trainer icon. For more information and troubleshooting, please see our website: www.goodnightsleeptrainer.com

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

Step 5: Click the button to upload data to the website.

Step 6: When you are done, you can delete the file “goodnightsleeptrainer.dat” from your computer.

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Please register this product on-line at

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