



Sleep Trainer Clock



**GUIDE IN USING  
THE SLEEP  
TRAINER CLOCK**

# Baby SLEEP CONSULTANT

## Guide to using a sleep trainer clock



- Set the clock for 5 minutes after the average time your toddler wakes up. This is to ensure they are successful really early on and feel empowered and proud. They are 10x more likely to be agreeable to the new clock if they are successful.
- Each day move the alarm (don't tell your toddler!) by 5 minutes. This moves the goal post towards your desired wake up at an achievable rate. Be consistent, blue is night time = stay in bed! Yellow is awake time only! Don't underestimate your toddler, and try to stay calm and boring. Toddlers love being growled at 5am.
- Let your toddler know how proud you will be when they stay in bed until the clock is awake, then reward them for achieving this. High five, stickers, smooch kisses or a special breakfast. Celebrate their success.

**Problem! If your toddler decides to get up before the clock is yellow? Think toddler survivor! Outwit, Outlast, Outplay. You need to pop them back to bed and keep doing this as boringly as possible until you have outlasted them!**

We are NZ's leading sleep experts, we help with toddlers and babies. We can give you some strategies to help ensure your gro clock helps your little one crack their 5am habit.



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# *Baby Sleep Consultant*

If you want some more help with your child's sleep,  
[get in touch](#)

Try our [Online Sleep Program](#)

[www.babysleepconsultant.co.nz](http://www.babysleepconsultant.co.nz)

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!



## *Emma Purdue*

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.