

# 7-Night New Parent Sleep Shift Planner

A one-week printable for exhausted parents who need fewer 3 a.m. decisions.



**Decide before bedtime.**

Use one simple plan for the next seven nights.

## How to use this planner

Fill this out before bedtime. The goal is not a perfect night. The goal is to decide the safest next steps while everyone is still awake enough to think clearly.

## Start with the big four:

Tonight's setup	Your plan
Where will baby sleep at the start of the night?	
Who owns the first wake-up?	
Which adult gets the first protected sleep block?	
What is the backup plan if nobody can stay awake safely?	

## The 7-night plan

Use one row per night. Keep it simple enough that you can actually follow it when you are tired.

Night	Protected sleep block	First wake-up owner	Backup plan
1			
2			
3			
4			
5			
6			
7			

### Tiny rule

If a plan fails, do not call the whole week a failure. Change one row, one block, or one handoff and try again tomorrow.

## Safe sleep quick check

Before bedtime	Your plan
Baby starts sleep on their back	
Sleep surface is firm, flat, and non-inclined	
No soft bedding, blankets, pillows, or loose objects in the sleep space	
Baby is not overheated	
A tired-parent backup plan is written down	

## Handoff scripts

Say it before the hard part	Your plan
Tonight I need protected sleep from ___ to ___. Can you own that window?	
If baby wakes before ___, please try ___ before waking me.	
I am too tired to safely keep holding baby. I need to switch now.	
Tomorrow morning, can we review what worked without blaming each other?	

## Solo-night setup

If one adult is carrying the night	Your plan
Water, snack, burp cloths, diapers, wipes, and charger are ready	
Feeding supplies are prepared	
Safe sleep space is clear and close enough to use	
A backup person is named	
Tomorrow's support request is written down	

### Important safety note

This planner is educational and is not medical advice. Follow your pediatrician's guidance and current safe sleep recommendations, especially for babies under 1 year.

## Want the full guide?

The New Parent Sleep Survival Kit includes the complete seven-night reset, safe sleep checklist, bassinet transfer tracker, partner scripts, pediatrician question list, and audio bundle plan.