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## Sleep Training Protocol

If your baby is 6 months old or older but still not sleeping through the night, then follow this protocol:

1. When the baby starts crying, wait 5 minutes before entering the room to console him/her.
2. After one week, increase the waiting time by 5 minutes to 10 minutes total before entering the room to console him/her.
3. Increase the waiting time by 5 minutes every week (e.g. 15 minutes on week 3, 20 minutes on week 4...)

Things to remember when following this protocol:

- Baby must be 6 months old or older
- Baby must be sleeping in his/her own room. This training method does not work when the baby is sleeping in the same room with you.
- Do not talk to the baby from behind the closed door. If the baby hears you, he/she will cry even louder.
- It is okay to have a baby monitor in the room to check on him/her.
- The baby may cry and roll around in the crib and bang his/her head on the rails. Do not enter the room unless you see him/her in extreme danger (i.e. has arm or leg caught in the crib rail or choking with the blanket around his/her neck).