

Night 1 Free The First-Night Plan

The first night of The 14-Night Sleep Reset, free. Use it tonight, see how your baby responds, and decide whether the full 14-night plan fits your family.

Part of The 14-Night Sleep Reset by Nexus. Not medical advice. Read the safety section before you start.

Before you start: is this right for your baby?

This plan is written for babies **4 months and older** who are healthy, growing, and feeding well. If your baby is younger than 4 months, do not use this plan. Ask your pediatrician what sleep looks like at your baby's age.

STOP AND CALL YOUR PEDIATRICIAN IF ANY OF THESE HAPPEN

- Fever, or your baby is unusually drowsy, hard to wake, or limp.
- Trouble breathing, long pauses in breathing, or blue or grey colour around the lips.
- Repeated vomiting, a lot less wet nappies than usual, or not feeding.
- Crying that sounds different from usual, or that does not settle with comfort at all.
- Any worry you cannot shake. Trust that feeling.

Sleep training is a plan for *habits*. Illness and medical problems are not habits. If something is wrong, the plan waits.

What Night 1 changes, and what it does not

Night 1 does one job: it gives your baby a predictable bedtime and a consistent response when they wake. It does not:

- Stop night feeds. That comes later in the full plan, once your baby is ready.
- Remove sleep props all at once. The full plan covers rocking and feeding to sleep, one change at a time.
- Fix early-morning waking or naps. Those are in the full plan too.

Night 1 works best when both parents do it the same way. Read the partner section below before you begin.

Step 1 • Set up the room (5 minutes)

1. Dim the room. Blackout blinds or a towel on the window help.
2. Keep the room cool and comfortable. Dress your baby for the temperature, not for extra layers.
3. Use white noise, at a steady volume, from a device placed away from the crib.
4. Clear the crib. Only a fitted sheet and a sleep sack or swaddle (if you use one). No pillows, no blankets, no toys.

Step 2 • The bedtime routine (20–30 minutes)

Do the same steps in the same order every night. Same length, same words if you use them.

Order	What to do
1	Quiet, dim activity: bath or wipe-down, fresh nappy and sleepwear.
2	Feed. Keep it calm. Do not feed to sleep if that is not already your routine.
3	Read or sing one short thing, the same thing every night.
4	Put your baby into the crib drowsy but awake (see Step 3).

Step 3 • Drowsy but awake

This is the single most important habit for Night 1. Your baby should fall asleep in the crib, not in your arms.

- Put your baby down when their eyes are heavy and they are calm, but still awake.
- If they fall fully asleep while you hold them, that is fine tonight. Next night, try putting them down a little earlier.
- Say the same short phrase each time you leave, like "Goodnight, sleep well."

Step 4 • When your baby wakes

Night 1 uses a timed check-in. Wait before you respond, then keep each check brief and calm.

When	What to do
First cry	Wait 3 minutes. Babies often settle on their own.
Still crying at 3 minutes	Go in. Speak softly. Pat or rest a hand on them. Do not pick them up unless you need to.
Still crying at 5 minutes	Go in again for about a minute. Same calm voice, same hand on the body. Then leave.
Still crying after that	Wait 10 minutes, then check again. Keep checks short. Each check is the same length.
Feeding	Night 1 keeps the feed you already do. Only the sleep habit changes tonight.

Why the waiting matters: your baby needs time to find sleep on their own. Going in quickly every time teaches them that crying brings you back, and they keep trying harder. Keep the checks short,

calm, and predictable, and the crying usually fades within a few nights.

Step 5 • Partner alignment (before night 1)

1. Each partner names the real fear about this plan, out loud, not just "I don't like it."
2. Agree on the routine and the check-in timing above. Write them down.
3. Agree on a minimum commitment, such as "we do Night 1 fully before changing anything." Write the date.
4. Agree on a signal for "I need to tag out." It means the other partner takes over that response. It does not mean stop the plan.

Night 1 log

Fill this in the morning. Patterns show up faster on paper than in memory.

Time	Event (asleep, woke, fed, check-in, settled)	How long	Notes

What to expect, honestly

- Night 1 is often the hardest night. Crying can be longer than you expect. That does not mean the plan failed.
- Some babies settle by Night 2. Others take several nights. Keep the same routine.
- Illness, teething, travel, and changes in daycare can set progress back. Go back to the same routine as soon as the disruption ends.

Next step

If Night 1 shows your baby responding, the full 14-Night Sleep Reset takes it from here. It covers method choice by age, the night-by-night plan through Night 14, the Night Log, troubleshooting, regressions, daycare sync, and partner alignment.

Find the full plan at nexusdigitalcraft.com/sleep-reset/. Nothing on this page asks for your details.

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