

HAPPY BABY SCHLAF

Baby Sleep Check



CHECK to see if you
need some **HELP** with
your **BABY'S SLEEP.**

Carmen Liebeft
- BABY SLEEP COACH -



Welcome!

Hi, I'm **Carmen Liebert**, a certified baby & toddler sleep consultant, mother of two kids, with more than four years experience in the field of baby sleep coaching.

I am here to help overtired parents and their babies get their sleep back by guiding them on a holistic sleep coaching journey.

I am committed to supporting families raise healthy, strong & well-rested babies towards a better world which can overcome a sleep deprivation pandemic too.

happybabyschlaf.com


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Is your baby sleep on track?

SLEEP DEPRIVATION can cloud everything: **your patience, your focus, even your joy.**



This **SIMPLE CHECKLIST** will help you spot if your baby's sleep needs extra **HELP!**

Baby Sleep Check

ROUTINE

- ☐ My baby naps at roughly the same times each day
- ☐ We follow a consistent bedtime routine every evening
- ☐ My baby's bedtime is between 6:30 PM and 7:00 PM

NIGHT SLEEP

- ☐ My baby falls asleep within 15–30 minutes
- ☐ My baby wakes up no more than 1–2 times per night
- ☐ My baby can fall asleep (or back to sleep) with minimal help

DAYTIME SLEEP

- ☐ My baby gets at least 2–3 hours of total daytime sleep
- ☐ My baby doesn't nap too late in the afternoon
- ☐ We avoid screen time and sugar before naps

WELL-BEING

- ☐ My baby wakes up happy and alert
- ☐ I feel mostly rested and not dreading bedtime
- ☐ We have time for connection during the day, not during the night

Scored 4 or more “No”s?

Don't worry! it doesn't mean you're doing anything wrong. It means there's room for support and it's **OKAY to ASK for HELP.**



**BOOK
A FREE DISCOVERY CALL!**

LET'S CONNECT

Share your results with me so we can try to find a **Baby Sleep Solution** together!



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**Carmen Liebert is not a physician or psychologist and cannot guarantee successful results with sleep coaching if a child has an illness or disorder.*