

SleepFlow 7: Baby Sleep Reset (6–18 Months)

7-day routine plan with
schedules & night wake-up scripts,



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Parent & Sleep Enthusiast,

A calm, step-by-step baby sleep guide for
who need real results in real life.

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SleepFlow 7

Your 7-Day Baby Sleep Reset (6–18 Months)

7 DAY ROADMAP FOR A BABY SLEEP RESET PLAN

SleepFlow 7



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Disclaimer: This eBook is for educational and informational purposes only. It is not intended to replace medical advice, diagnosis, or treatment from a qualified healthcare professional. The strategies, routines, and schedules presented in SleepFlow 7: Baby Sleep Reset (6-18 Months) are based on general knowledge of infant sleep and the experience of parents. Every baby is unique. What works for one family may not work in exactly the same way for another.

You should always:

- Consult your pediatrician or healthcare provider before making significant changes to your baby's sleep, feeding, or health routines.
- Seek medical advice immediately if you are concerned about your baby's breathing, health, development, or safety.
- Adapt any suggestion in this guide to your baby's age, health condition, and your family's specific situation.

Important Safe Sleep Notice

Your baby's safety always comes before any sleep plan. Please follow your local safe sleep guidelines, which commonly include recommendations such as:

- Always place your baby on their back to sleep, for naps and at night.
- Use a firm, flat mattress in a safety-approved crib or sleep space.
- Keep the sleep area free of pillows, loose blankets, bumpers, stuffed toys, and positioners.
- Avoid overheating: dress your baby in light sleepwear and keep the room at a comfortable temperature.
- Do not smoke or allow smoking around your baby.
- Never leave your baby alone in unsafe places like sofas, armchairs, or adult beds with soft surfaces.