A TINYBREATHER GUIDE

The Complete Baby Sleep System

A 30-day plan for calmer nights — *for your baby, and for you.*

By **Ajevan**, a new dad · **TinyBreather**

30-DAY SYSTEM | 0–12 MONTHS

SAFE-SLEEP RULES BASED ON AAP 2022 GUIDANCE

FREE PREVIEW

The first pages of the 30-day system, free. See exactly how it works before you decide.

TinyBreather

INSIDE THIS GUIDE

01 The five non-negotiable safe-sleep rules

02 The P.A.T.H. Ladder for 3 AM wakings

03 Age-by-age playbooks, 0–12 months

04 A toolkit for your own exhaustion and worry

05 Your family's one-page plan

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HOW TO USE THIS PDF

This free preview includes the Welcome, How This System Works, Days 1–5 (with its fillable checklist) and the start of Module 2. Page numbers refer to the full system — tap any other line to see what the full system includes.

A NOTE FROM OUR FOUNDER

Welcome

Hi, I'm Ajevan, founder of TinyBreather.

Within days of our daughter being born, I was checking her breathing up to twelve times a night — usually at 3 AM. I was exhausted. My partner was exhausted. And nobody handed us a simple, honest plan — just conflicting advice from a dozen different sources, most of it either too vague to act on or too confident about things nobody can really promise.

This system is the plan I wish someone had handed me. Its safe-sleep rules follow the American Academy of Pediatrics' 2022 recommendations, and it doesn't pretend there's a magic switch that ends night wakings by day 3. What it gives you is a clear structure, practical troubleshooting for the situations that actually come up, and a plan for your own exhaustion and worry — not just your baby's schedule.

Over the 30 days you'll build a bedtime routine that fits your family, a calm plan for night wakings that you and your partner agree on, and a clearer sense of what's normal at your baby's age versus what's worth a call to your pediatrician.

Too tired for all of this tonight? Turn to the one-page version on page 5 — that's enough to start. Then let's take it one day at a time.

This guide offers general educational information. It is not a substitute for medical advice — always talk to your pediatrician about your baby's individual needs, especially if your baby was born premature, has a medical condition, or you have any safety concern. TinyBreather is not affiliated with or endorsed by the AAP or CDC.

WHAT YOU'LL WALK AWAY WITH

- A bedtime routine built around your family, not a generic template
- A clearer answer to whether tonight's wake-ups are normal for your baby's age
- A response you and your partner agree on, before you're both too tired to decide
- A calmer relationship with your own worry — and a clear line for when to call

BEFORE YOU START

How This System Works

The 30 days are organized into five modules. Each one builds on the last, but you don't have to rush — if a module needs more days, take them. Every module includes small, concrete actions for each day, so you're never staring at a wall of theory at 11 PM wondering what to do.

DAYS 1–5
Foundation
Safe sleep, room, first routine

DAYS 6–12
Rescue Plan
Night wakings & naps

DAYS 13–20
Playbooks
What's normal at each age

DAYS 21–26
Anxiety Toolkit
For the tired, worried parent

DAYS 27–30
The Method
Your one-page family plan

Tap any module above to jump to it.

Only have 10 minutes tonight? Start here.

1. Read the five rules — page 8
2. Walk through the room with the checklist — page 32
3. Read the one-page version — page 5
4. Agree on the P.A.T.H. Ladder with your partner — page 13

That's enough for tonight. Start Day 1 properly tomorrow.

FIND YOUR BABY'S STAGE FIRST

The daily plan works at any age — what's normal changes with it. Before Day 1, read only the playbook for your baby's age right now: **0–3 months (page 17)** · **4–6 months (page 18)** · **7–12 months (page 19)**. Skip the others until your baby gets there.

TWO THINGS THAT MATTER MORE THAN ANY PAGE

- **Safety first, always.** The five rules in Module 1 apply to every sleep, every caregiver, every night — no matter which other advice you follow.
- **Consistency beats perfection.** A simple plan both parents actually use works better than a perfect one you abandon at 3 AM.

THIS WEEK'S FOCUS

Days 1–5

Day 1 — Set the foundation: Read the five rules twice. Walk through your baby's room and check it against each one. If something fails a rule (a bumper, a loose blanket, a soft mattress topper), remove it today — this is the one day where the fix matters more than the routine.

Day 2 — Fix the room: Work through the room setup on page 9. If you only do one thing today, get a thermometer and place it at crib height. Check it tonight at your baby's actual bedtime.

Day 3 — Write your routine: Draft your 30-minute and 10-minute sequence from page 10. Keep it to four or five steps you'll actually do on the exhausted nights. Write it somewhere visible so a partner or caregiver can follow the same sequence.

Day 4 — Run it: Try the routine as written. The first nights are about the sequence, not the outcome. If a step feels awkward, note it rather than changing it mid-routine.

Day 5 — Adjust and reflect: Trim anything you skipped twice — a routine you'll keep beats a perfect one you won't. Check the room again: rooms drift (a fan gets moved, curtains left open) faster than people expect.

DAY 1–5 CHECKLIST · FILLABLE ON SCREEN

- [ ] Baby sleeps on their back for every sleep — naps too
- [ ] Crib holds only a firm, flat mattress and a fitted sheet
- [ ] Room thermometer is at crib height and checked at bedtime
- [ ] Baby sleeps in our room, on their own surface
- [ ] Nobody smokes or vapes around baby
- [ ] Our 4–5-step routine is written down where everyone can see it
- [ ] Everyone who puts baby down has seen the one-page version

MODULE 2

The 3 AM Rescue Plan

Days 6–12

UNDERSTANDING NIGHT WAKINGS

Module 2: The 3 AM Rescue Plan

Night wakings are not a malfunction. Babies surface between sleep cycles the same way adults do — the difference is that adults have learned to drift back without help, and babies are still learning that skill.

The P.A.T.H. Ladder

Your path back to sleep: four steps, always starting with the smallest.

P **Pause and listen** — ABOUT 1–2 MIN

Give it a minute or two before moving. Fussing that settles on its own doesn't need a response at all.

A **Assure, without picking up** — ABOUT 2–3 MIN

A hand resting gently on baby's chest or tummy, a quiet shush, the same calm phrase you use at bedtime. Baby stays on their back.

[illegible]

[illegible]

END OF FREE PREVIEW

Steps T and H are in the full system

Plus the Settling Steps for bedtime, three age-by-age playbooks, the swaddle and feeding guides, the anxiety toolkit, and every printable and fillable tool.

Get the full system — $29

YOU'VE REACHED THE END OF THE PREVIEW

Keep Going With the Full System

You've seen how the 30 days are built, what Days 1–5 look like, and the first two steps of the P.A.T.H. Ladder. The full system picks up right where this preview stops.

01 · The Sleep Foundation
Days 1–5: the five safe sleep rules, your room and your first routine.

02 · The 3 AM Rescue Plan
Days 6–12: the full P.A.T.H. Ladder, naps and the Settling Steps.

03 · Age-Specific Playbooks
Days 13–20: 0–3, 4–6 and 7–12 months, plus swaddle and feeding guides.

04 · The Anxiety Toolkit
Days 21–26: for the exhausted, worried parent — not the baby.

05 · The TinyBreather Method
Days 27–30: your family's one-page plan.

Plus 14 tools & bonuses
One-page version, sleep logs, schedules, FAQ, when to call and more.

$29 UNTIL DECEMBER 31 · THEN $39

Get the full system — $29

46-page PDF · instant download · fillable on your phone
30-day, 100% refund — no questions asked.

From me, honestly: I'm a new dad, not a doctor. I built this around the AAP's safe-sleep recommendations because I wanted one clear plan instead of a dozen conflicting ones. If it's not right for your family, for any reason, email info@tinybreather.com within 30 days and you get every dollar back — no questions asked.

— Ajevan, founder of TinyBreather