Ferber method chart

Night	Date	1st wait (min)	2nd wait (min)	3rd wait and after	Crying (total min)	Check-ins
1		3	5	10		
2		5	10	12		
3		10	12	15		
4		12	15	17		
5		15	17	20		
6		17	20	25		
7+		20	25	30		

- **Wait only while they cry.** If the crying stops, the wait stops. If it starts again, start the same wait over.
- **Check-ins are short:** 1 to 2 minutes, a pat and calm words, no picking up. You're there to reassure, not to stop the crying.
- **After the 3rd wait,** keep repeating that same number until they're asleep.
- **Night wakings:** start again from the 1st wait for that night.
- **Nights 2 to 4 are often harder** than night 1. That's normal. Most families see a real change within a week.

Standard chart · The waits are a guide; shorter ones are fine if you stay consistent. Not medical advice: check with your pediatrician first. · From Check In: Baby Sleep Timer · ferbertimer.com