The Ferber method chart

Minutes to wait before each brief check-in, night by night

NIGHT	FIRST WAIT	SECOND WAIT	AFTER THAT
Night 1	3 min	5 min	10 min
Night 2	5 min	10 min	12 min
Night 3	10 min	12 min	15 min
Night 4	12 min	15 min	17 min
Night 5	15 min	17 min	20 min
Night 6	17 min	20 min	25 min
Night 7	20 min	25 min	30 min

- Put your baby down awake after the same short routine every night.
- Check-ins are 1 to 2 minutes: a calm voice, maybe a pat, no picking up, then out.
- The waits reset at every waking. If the crying stops, do not go in.
- Shorter waits are fine. Consistency matters more than the exact minutes.
- From night 8, keep the night 7 waits. Pause for illness and restart when well.

Free timer that runs this chart: sleepsanity.ca/learn/ferber-method-timer

sleepsanity.ca

Informational, not medical advice. Ask your pediatrician about your baby.