

TIMELINE TO STOP ROCKING TO SLEEP

DAY 1

ROCK FOR 5 MINS

HOLD FOR 2 MINS

DAY 2

ROCK FOR 4 ½ MINS

HOLD FOR 2 ½ MINS

DAY 3

ROCK FOR 4 MINS

HOLD FOR 3 MINS

DAY 4

ROCK FOR 3 ½ MINS

HOLD FOR 3 MINS

DAY 5

ROCK FOR 3 MINS

HOLD FOR 3 MINS

DAY 6

ROCK FOR 2 ½ MINS

HOLD FOR 2 ½ MINS

DAY 7

ROCK FOR 2 MINS

HOLD FOR 2 ½ MINS

DAY 8

ROCK FOR 1 ½ MINS

HOLD FOR 2 MINS