



Newborn Sleep

Navigating Months 0-4



New Kid on the Block

Congratulations! And welcome to parenthood! Whether it's your first time around or you're a seasoned professional, you're in for a very special adventure full of challenges, excitement, and the greatest joy you'll ever experience.

One of the biggest challenges we face with a new baby at home, is figuring out *how* and *when* they should sleep. You'll find that just about everyone you come in contact with will at some point ask you "*How is baby sleeping?*" or "*Are you getting any sleep?*" Truth be told, you've probably been wondering about that too, because even though you've been surviving on Lisa's gluten free, dairy free, taste free casserole and straight up adrenaline for the last few weeks, eventually exhaustion catches up to you.

The good news is you're here now and I can help! The information in this guide will provide you with strategies and solutions to help everyone in your household get the best sleep possible during the newborn stage.

If you find that you have questions during the process at any point, about the "hows" and "whys" of newborn sleep, please don't hesitate to reach out for individual coaching!

SLEEP IS A BASIC BIOLOGICAL NEED

Getting the right amount of sleep during childhood has proven to help cognitive development, emotional regulation, behavior and overall health.

Encouraging a healthy relationship with sleep early on will help to set your child up for long-term sleep success as well as a healthy, positive lifestyle.



This guide is not intended to be used for formal "sleep training". Many babies will not be ready for longer stretches of sleep until they are older and have developed all 4 sleep cycles, their production of melatonin is more consistent and their circadian rhythm has begun to mature. Instead, this guide should be used to lay the foundation for healthy sleep habits that will begin to play an important role in independent sleep skills when it is developmentally appropriate.

THE SCIENCE BEHIND NEWBORN SLEEP



We all sleep in stages of sleep and none of us actually sleeps THROUGH the night. These stages of sleep are what make up a "sleep cycle" that we transition through several times each night. When babies are born, their sleep is different. Instead of cycling through 4 stages of sleep, like adults do, they really only have TWO stages of sleep.

Stages of Newborn Sleep

REM SLEEP is also known as "active sleep". It is very common for newborns to twitch, jerk, fuss & even cry out during this stage. When adults go into REM sleep, our body becomes paralyzed so we do not act out our dreams. REM sleep helps to organize the information our brains have been exposed to and this stage is very important for newborns as they have tons of new information to process every day!

DEEP SLEEP is a time for cell renewal, immune system repair and other important biological developments.

Bringing Home Baby

Coming home with a new baby can be... *overwhelming* to say the least. A new baby brings a lot of love - and visitors - to your home. As anxious as everyone is to see you both, it is perfectly ok to send out a bulletin to friends and family to let them know that you will only be accepting visitors during specific times of the day. But those first few days and weeks home are precious and so are your opportunities for rest. The only things on your 'To Do' list during this time should be bonding with your newborn, nourishing both you and your baby and *recovering from childbirth*. It is important for you to allow your newborn to do as much eating and sleeping as he wants during this time. Your baby is going to need a lot of help from you just to fall asleep and stay asleep.



It's ok to be selfish, Mama. Take the time - and the help - that you need to allow you to adjust to your new "normal". The one time in your life when everyone you know will freely give it, is after you've had a baby. All you have to do is let them. So when they ask if they can help, put them to work! Whether it's doing a load of laundry, washing the dishes, making a meal - whatever it is that makes your day easier, do not be afraid to delegate.

Don't worry about creating bad habits during the first couple of weeks. When baby is closer to the 3-4 week mark, you can begin to implement some good sleep strategies that will lay the foundation for healthy sleep.



Setting Expectations

During the first 4-6 weeks with your new baby, you can expect that her sleep will continue to be very disorganized. Circadian rhythms are still developing and your little one is not yet able to discern days from nights. This is why when we talk about sleep for newborns, it is centered around total sleep. Generally speaking, babies this age will sleep between 14-20 hours a day.

You've probably noticed that your newborn doesn't sleep more than 3-4 hour in a stretch. That's because their tummies are too small to hold them over for much longer. Around 6 weeks is when you can expect to see more organized sleep emerging and your baby may start to sleep for longer stretches of 4-6 hours, ideally at night. If that doesn't happen, don't worry - you're not doing anything wrong. All babies are different and so are their sleeping patterns.

Awake Time

How Long Should Baby Be Awake Between Naps?

NEWBORNS (0-10 WEEKS)
45 MIN TO AN HOUR

10 WEEKS - 3 MONTHS
1 HOUR TO 1 HOUR 45 MINUTES

3 MONTHS - 5 MONTHS
1.5 TO 2 HOURS

5 MONTHS - 7 MONTHS
2.5 TO 3 HOURS

8 MONTHS - 13 MONTHS
3 - 4 HOURS

14 MONTHS - 18 MONTHS
4.5 TO 5.5 HOURS

18 MONTHS - 3 YEARS
5 - 6 HOURS

Newborns can only tolerate about 45-60 minute of awake time before they need their next nap. That is just about long enough for a feed, a diaper change and a few minutes of play. It's easy to get busy doing other things and forget the clock, but it is very important to be mindful of these "wake windows" or very soon you'll have an overtired baby on your hands. When a baby becomes overly tired, he will also become fussier and have a much more difficult time falling asleep and staying asleep.

For the first 10 weeks, try to maintain a wake window of 45-60 minutes and set a timer if you need to. Between 10-12 weeks is when you can begin to lengthen the window a bit to 90 minutes.

#WHENISBEDTIME?



Bedtime for newborns is typically later than it is for older babies and should be based on when they're getting the longest stretch of sleep. Newborns who do not sleep for long between 6:00-7:00 p.m. will usually do well with a bedtime between 9:00-10:00 p.m. Bedtime should always be based on the last awake window of the day instead of by the clock.

Around 6-8 weeks, when sleep has become a little more predictable, you can begin to move bedtime earlier. At 3-4 months, bedtime should be between 6:00-8:00 p.m. which will help to avoid that fussy night time period and help baby begin to establish a day time schedule as well.

SORTING OUT DAYS & NIGHTS

Take Advantage of Natural Light!

When baby is awake during the day, open the blinds and let in lots of light, go for a walk and do lots of stimulating activities.

Keep Sleeping Environments DARK!

Use blackout curtains or shades to ensure baby's sleep environment is as dark during daytime naps as it is during nighttime sleep.

Start a Bedtime Routine!

Establishing a bedtime routine from day one will help to cue your child's brain and body that it is time for nighttime sleep.

During Night Feeds and Diaper Changes, Keep the Lights Low & Interaction to a Minimum!

(This will help you get back to sleep, too!)



12 hours of day...



12 hours of night

It's helpful to think of your newborn's day as being divided into 12 hours of "day" and 12 hours of "night". During daytime hours (for example 8:00 a.m. to 8:00 p.m.), your little one should take naps in a dark environment (as much as possible), but during periods of wakefulness, she should be fed in a brightly lit area and have plenty of stimulation and interaction before offering the next nap. On the other hand, during the 12 hours of night, all feedings should take place in a dimly lit, non-stimulating environment and baby should go right back into her crib or bassinet as soon as the feed is over without any additional awake time.



eat

play

sleep

The feed to sleep association is one of the strongest and most difficult long-term habits to break. One of the best ways to avoid creating this habit is to adopt the EAT-PLAY-SLEEP structure during the day. And you can begin as early as 3 weeks old!

EAT-PLAY-SLEEP

Structuring your baby's day this way will help to establish a schedule. Here's how it works... When your newborn wakes from a nap, he will probably be pretty hungry. Change him, bring him out into a brightly lit room and give him a full feed. Afterwards, spend some time playing until it looks like he's tired again. Watch for sleepy cues as well as being mindful of his ideal wake window and put him back down to sleep before he becomes overly tired.

Up All Night... Sleep All Day

Trying to establish structure and routine to your day can be kind of tricky during the first few weeks and months. New babies are so sleepy!

In fact, they can spend up to 20 hours of their day asleep and trying to keep them awake while eating can feel like an impossible feat. Unless you are diligent during feeds, it is very easy for your baby to fall asleep before she has gotten a full meal. And when that happens, it can lead to shorter periods of sleep.

Since baby's tummy is super small to begin with, even one that's full isn't able to hold her over for very long. And making sure baby has a full tummy is not just important for sleep. It can also impact her ability to take in the calories she needs as well.

Ideally, your newborn should eat every 2-3 hours during the day and every 3-4 hours at night. If this sounds unrealistic, don't worry. I've got some great tips to help your focus on how to get there.



The Feeding 411

1. Keep track of time spent feeding. When a baby is nursing, it can take anywhere from 20-40 minutes to accomplish a full feed. As they get the hang of it, they will become a little bit more efficient.
2. Pay attention to sucking and swallowing. Fast, rapid sucking with infrequent swallowing means that your baby isn't actually consuming much milk. What you want to see instead is slow sucking with a swallow once every few suckles.
3. Do your best to keep baby awake while she eats. Give her a squeeze on the foot, wiggle her legs, take off her socks or blanket or even brush a wet washcloth across her forehead or cheek.
4. Following an EAT - PLAY - SLEEP routine helps to facilitate full feeds while also discouraging an eat/sleep association. Feeding after nap, instead of before, also ensures that baby is eating while she is most alert and is likely to consume a full feed.

While a schedule based off the clock can be helpful, it is important to follow the appropriate wake-windows when determining the timing of naps and bedtime.

SAMPLE DAYTIME SCHEDULE (7 WEEKS)

- 8:00 a.m.** Wake for the day, feed, play
Feed in the daylight to help day/night confusion
- 9:00 a.m.** Nap 1
- 11:00 a.m.** Wake from Nap 1, feed, play
feed upon waking rather than before naps
- 12:00 p.m.** Nap 2
- 2:00 p.m.** Wake from Nap 2, feed, play
- 3:00 p.m.** Nap 3
- 5:00 p.m.** Wake from Nap 3, feed, play
- 6:00 p.m.** Nap 4
- 7:00 p.m.** Wake from Nap 4
Full feed after waking to be included in bedtime routine
- 8:00 p.m.** Bedtime

Nighttime Feeds



When trying to implement these new foundations of healthy sleep habits, keep in mind that feeds during the day should look different than feeds in the night and so the way we respond should also be different. Keep lights low and any interaction during the night to a minimum to encourage longer stretches of sleep to develop. When your little one wakes in the night, wait a minute or two before attending to him. He may very well just be in the active REM stage of sleep. If your baby is fussing while trying to

resettle, that's ok, but babies in the newborn stage are too little to "cry it out" and they still need a lot of help from mom and dad. If baby is awake, go in and give him a feeding in his sleep environment. Keep the lights off and your voice soft so that he doesn't become over-stimulated. If a diaper change is needed use the least amount of light possible and then place baby back in his crib. Nighttime is for sleeping so resist the urge to feed baby while you watch TV or look at your phone. This will also help you to fall asleep faster after you've returned to your own bed!

SAMPLE NIGHT *4 weeks*

- 7:00 p.m. **Wake from last nap of the day**
A final feed should always be part of the bedtime routine and should be based on timing of the last feed and awake time.
- 7:30 p.m. **Begin Bedtime Routine with bath**
- 7:45 p.m. **Diaper, PJs, Swaddle**
- 7:55 p.m. **Stories or Songs**
- 8:00 p.m. **Place Baby in Crib or Bassinet**
- 12:00 a.m. **Baby is Crying**
Wait a minute or two. If baby does not settle, go in for a feed. Re-swaddle and put back into bed.
- 3:00 a.m. **Baby is Crying**
Wait a minute or two. If baby does not settle, go in for a feed. Re-swaddle and put back into bed.
- 5:25 a.m. **Baby is Crying**
Wait a minute or two. If baby does not settle, go in for a feed. Re-swaddle and put back into bed.
- 7:45 a.m.. **Baby is Crying**
Wake for the day. Take baby into a brightly lit room & offer a stimulating feed.

By following this schedule you have already begun to reinforce independent sleep skills, without rocking, bouncing or feeding to sleep. And you were able to attend to all cries, whereby continuing to develop attachment and trust between you and your baby!

Laying the Foundation for healthy sleep

The question I am most frequently asked by parents who are expecting or who have a new baby at home is: "*How can we teach our baby healthy sleep habits from the very beginning?*"

Nobody wants to find themselves stuck in a pattern of bad sleep habits that need to be broken later on down the road. But there are many things you can do to help them prepare, when they are biologically ready.

Here's what I'd like you to remember... **The newborn stage is for *practice*, not *perfection*.** Some aspects of sleep are biological and they just can't be rushed.

- Melatonin production does not regulate until 9-15 weeks.
- Longer stretches of sleep usually do not occur before 6-8 weeks.
- Newborn sleep is organized differently until about the 4th month.

Helpful Hints
for
Sleep Success



Swaddle

All infants, but especially newborns, are used to being held. But at *some point* it becomes necessary to put them down. If not for their safety then for *your* sanity and allow them to start getting longer stretches of sleep in their own space. Swaddling can be very effective and comforting as it helps your babe to feel the same type of security she enjoys while being held in your arms. For those of you who think your baby dislikes being swaddled, it may just be that you haven't found the right method for your baby. You may have to try a few different brands or sacks before you find the perfect fit. So don't give up! If you're not sure whether or not you're doing it right, there are many helpful tutorials on YouTube that are worth checking out. **The most effective time to wrap baby up is before they become overtired.**

If you attempt to swaddle after he has maxed out his awake time, he will absolutely protest. But more than likely that's due to exhaustion and not because he hates being swaddled. In order to avoid the swaddle becoming a sleep prop in the future, or a safety concern once your baby is able to roll over, you can begin to phase it out around 8-10 weeks by leaving one arm outside of the swaddle for a few days, then both arms out, and finally removing the swaddle all together and transitioning baby into a next level sleep suit or a sleep sack instead.



Routine



Children of all ages thrive on routine. They are constantly being exposed to so much new information every day that it is very reassuring for a child to know that certain parts of her day will be predictable. Bed and nap time routines are especially important because they act as a cuing system for the brain and body that helps to prepare your little one for sleep. The more you practice consistency around your child's routines, the better she can prepare for what's to come.

EXAMPLE BEDTIME ROUTINE

- Bath
- Lotion & Massage
- PJs/Swaddle/Sleep Sack
- Full feeding
- Looking at books
- Singing Songs

You can also begin to introduce a short nap time routine without a feed.

EXAMPLE NAPTME ROUTINE

- Diaper change
- Swaddle/Sleep Sack
- Singing Songs

Introducing the Sleep Space



A great way to introduce your newborn to their new sleep space is to incorporate it into her day, little by little. When is the right time to start? That's totally up to you, but I usually recommend that baby is spending some time in the crib at around 6-8 weeks. If you're not ready to attempt an all-nighter in her bedroom yet, start out with naps instead. This gives her the chance to practice sleeping independently a little at a time and to become less dependent on swings, bouncy seats, strollers and your arms to help her fall asleep.

Remember that you are just practicing for now. Try for one nap a day to begin with and if it goes well, try another! It's ok if not all sleep happens in the crib. While in the newborn stage, sleep itself trumps independent sleep. So if she needs to nap while cuddling with you, enjoy this time together and give her what she needs!

Sleeping in car seats, swings, strollers and other apparatuses not specifically designed for sleep is not recommended by the AAP and can put your baby at risk for suffocation. Be sure to supervise your baby for the duration of sleep should she fall asleep in any apparatus other than her crib.

Drowsy but Awake

THIS IS IMPORTANT



Have you ever been on a trip and have woken up suddenly, confused about where you are?

What if you fell asleep in your own bed one night and woke up to find you were somewhere else? What would you do? Now imagine how confusing it is for a baby to fall asleep in one place and wake up in another. That's exactly what happens when your newborn falls asleep in your arms, and then wakes up in his bed. He's confused about how to get back to sleep in this strange place! Putting him to sleep drowsy, but awake can not only help to minimize the shock. It also teaches him that it is he, not you, that has the power to make sleep happen.

Practicing this new skill, at bedtime first - and eventually at naps - is the key to your little one becoming an independent sleeper. Doing this one thing successfully can drastically reduce the need for formal sleep training down the road; however, by 4 months (adjusted age) you will want to eliminate any drowsiness from the routine and make sure baby is going into his crib fully awake and aware of his surroundings.

This doesn't just happen overnight, so don't panic if you've tried a few times without success. Try for 20-30 minutes to let your little guy fall asleep drowsy, but awake. If it doesn't work, consider it valuable practice, and then go ahead and give him some help.

SLEEP SAFETY

ROOM-SHARING

The American Academy of Pediatrics (AAP) recommends room-sharing for a minimum of 6 months as studies have found that it reduces the risk of Sudden Infant Death Syndrome (SIDS). Whether or not you choose to room-share is at your discretion.

KEEP IT BORING

When choosing the necessities for your baby's sleep space, less is more. Beautiful bedding sets, soft fluffy blankets and some well placed stuffed animals are very cute and snuggly. But a firm, flat mattress with nothing inside but your swaddled baby is best to ensure the safety of your little one. Infants can get tangled up in blankets and loose bedding, which can pose a suffocation risk. And toys or other options can overstimulate and distract them from doing what they're in there to do: SLEEP!

CRIB SAFETY

Do not choose a crib with slats that are wide enough for limbs to get stuck. If you can fit a soda can between them, they're probably too wide. Mattresses should be firm and Dock-A-Tots should be kept out of the crib.

SAFE SLEEP SPACES

Sleeping in car seats, swings, strollers and other apparatuses not specifically designed for infant sleep is not recommended by the AAP. Do not allow your baby to sleep in any of these places unsupervised. If your little one manages to get into a strange position, their airway can become compromised. If they do fall asleep in a carrier in the car, it's not dangerous because the car seat base is designed to sit baby at a safe angle. Babies should remain supervised for the duration of sleep whenever it is anywhere other than the crib or bassinet.

NO SMOKING

The CDC warns that smoke has been linked to an increase risk of SIDS. If you or a family member are a smoker, be sure to wash hands and change clothes before handling a newborn.

CPR

New parents have so much to do to prepare for a new baby, but CPR should be a priority. Not only will it give you peace of mind, it may be the difference between life and death.

Responding to Cries

One of the reasons that formal sleep training is not appropriate for newborns (aside from the fact that they are not biologically and developmentally ready) is because newborns still need a lot of help. With ALL the things.

If your little one begins to fuss or cry when you place her in the crib drowsy, wait for 30-60 seconds and then pick her up and walk around the room until she settles. Once she is calm, try it again and see how she responds. A bit of fussing is ok. But if she starts to cry, you should intervene. This will help to build a solid foundation of trust & attachment.



keep it short & sweet

.....

If you're getting up with baby in the night, keep lights low, your voice soft and stay in baby's room. We want to continue to reinforce the idea that nighttime is for sleeping. Your "morning" should start 12 hours after putting your little one to bed.

Be Mindful of Overtiredness

A baby who is overtired has a difficult time winding down and settling into sleep. It's important for your newborn to get lots of sleep during the day so that he will be well rested and more alert during his time awake.

For about the first month, your little one will only be able to tolerate 45-60 minutes awake before needing to take another nap. If he is pushed through that window, he will very likely become overtired - and that leads to a cranky baby!

Our bodies secrete hormones during the day to help us stay awake and different ones at night to help us rest. When we stay awake past the time that these hormones are activated, the body assumes there is a reason that it hasn't been allowed to go to sleep - a reason there's a need to stay awake - and it fires up those daytime hormones again. Adrenaline and cortisol are then flooded into the body. These stimulating hormones make it very difficult to both fall asleep and stay asleep.

Keep an Eye on Sleep Cues

It's a good practice to keep a close eye on the clock while also paying close attention to the sleep cues your baby may be giving you. It's important to balance the two to make sure she hasn't been awake longer than she can handle.

This becomes especially crucial after 8 weeks of age when babies generally begin to socialize and engage with their environment more and may begin to fight the urge to sleep.



Infant Sleep Cues

I'M
SLEEPY

red eyebrows

averts eyes

turns head

blank stares

I NEED A
NAP

yawning

rubbing eyes

pulling on ears

becoming fussy

I'M
OVERTIRED

arches back

rigid body

making fists

hysterical cries



CREATE A SLEEP SANCTUARY

Environment can play a big role in impeding your child's ability to sleep.

When it comes to the nursery, less is more. Not only is a busy crib not a safe sleep space, it can also be quite stimulating to a baby - which is fine when baby is awake, but not when he's trying to sleep. Mobiles, lights and music can be very distracting and can actually prevent baby from sleeping, so make his sleep space as boring as possible!

Using continuous white noise is helpful in eliminating unwanted environmental noise that may startle baby awake.

Ensure the room is as dark as possible. Light is the best way to signal that it is daytime for an infant, so even the smallest sliver of light can signal to baby that it's time to be awake, instead of asleep. Light also inhibits the production of melatonin, which helps us feel sleepy. Too much light can thwart even the best of efforts. This includes night lights. Keep it cool. 68-72 F is best for sleeping. Be sure you are dressing baby appropriately so she's not getting too hot or too cold at night.

COMMON SLEEP CHALLENGES

Colic/persistent fussiness, reflux & the "4 month sleep regression" are all significant obstacles during the newborn stage



Colic is usually classified as *three or more hours of crying at least three days a week for at least three weeks*. During these episodes, your child may be resistant to any type of soothing you offer and may also seem to be in pain. But quite honestly, *any* amount of crying, for any reason, can be exhausting for a new parent. It is also important to note that symptoms of colic mirror over-tiredness. Oftentimes, when parents are mindful of wake-windows to prevent over-tiredness, colicky symptoms will subside.

Some things to try: **Swaddle** (wrap your baby up tightly!), **Side-position** (to minimize the startle reflex), **Shushing** (close to baby's ear - like white noise), **Suck** (on your finger or pacifier).

If your baby has been medically diagnosed with colic, you may just have to work on getting baby to sleep however you can, as safely as you can.

REFLUX



While I am not a medical professional, I have had a baby with terrible reflux myself, so I know firsthand how difficult it can be - especially where sleep is concerned.

Reflux is what happens when the contents of the stomach are pushed back into the esophagus, due to a weak sphincter muscle at the entrance to the stomach. For some babies, the symptoms are mild and it doesn't really seem to affect them much.

For others, like mine, it is painful - and messy. These babies need to be seen by a doctor for the appropriate diagnosis and support.

How does reflux impact sleep?

When a baby lays flat on their back, everything that is in baby's tummy begins to back up into the esophagus and into the throat. This can be painful and very disruptive to sleep.

how to help

- Offer smaller and more frequent feedings to keep stomach from over-filling.
- Feed baby in an upright position, keeping their head higher than their stomach and allowing gravity to hold the milk down.
- Burp baby every 1-2 ounces as it decreases the chance that an air bubble will form causing baby to spit up.
- Hold baby upright for 20-30 minutes after feeding.
- Consult with your pediatrician to get reflux under control, possibly with medicine. Once you feel like it is manageable, you will have an easier time tackling sleep.

The Four Month Sleep Regression

OK, remember when we talked about how the organization of baby's sleep is drastically different from the sleep of adults? Here's why: Newborns really only sleep in **two** stages of sleep - both of which are considered to be deep - whereas older children and adults cycle through **four** stages that range from very light to very deep. Why does this matter? Because those deep stages are what makes it easier for us to keep them sleeping in all types of situations. (If you've ever wondered how photographers are able to manipulate babies into tiny little sleeping pretzels - this is why!) This is also the reason why it's easier to transfer them from your arms to the bassinet, or from the car seat to the crib when they're so little. At around four months, baby undergoes a biological shift and they "graduate" to a four-stage cycle that they will follow for the rest of their lives.

When infants begin to incorporate these "lighter" stages of sleep, there is a much bigger potential for them to be woken more easily from environmental noises (dogs barking, loud vehicles, the doorbell. etc.) as well as their natural biology which brings them closer to the surface during these lighter phases of sleep. As adults, we also "come to the surface" of sleep every 60-90 minutes as we cycle from light sleep, to deep sleep, to light sleep again. We aren't usually aware of these partial wakings - we may roll over, or even open our eyes for a few seconds to get our bearings and make sure things are as they were when we fell asleep at bedtime. Am I in my bed? Is it still dark outside? Is my partner sleeping next to me? These periods are usually so brief and insignificant that we have no memory of them the next day.

Infants over 4 months of age start to develop similar sleep patterns as well. If you have nursed, rocked, cuddled or patted your little snuggle bug to sleep, and then put them down in their crib, what do you suppose happens when they wake - even briefly - between sleep cycles? You guessed it! They realize that they are not where they were, or who they were with when they fell asleep. Suddenly, they are in a situation that is vastly different from the one they are used to falling asleep in and it's confusing! This can be startling enough to cause a full-blown wake-up instead of a smooth transition into the next sleep cycle. The other issue is, babies at this age are quickly becoming more cognitively aware of their surroundings. This means that infants who rely heavily on external strategies to fall asleep (like nursing, bouncing, rocking, etc.) are more likely to protest when those things aren't there to help them during the course of the night because they have learned that they need those very specific conditions to "make sleep come." It becomes their sleep strategy. And it is, more often than not, what is the root cause of baby's new sleep problems - aka - The Four Month Regression.

If your child is still struggling with sleep around 4-5 months, you may consider sleep training. Sleep training at this age can be very effective. I offer one-on-one coaching to help you understand why your baby isn't sleeping. create a clear, step-by-step plan of action, and support your family every step of the way while your teach your child how to become a great sleeper. Sleep solutions are tailored according to developmental stage, family values and comfort level. Because you've already purchased this guide, you're entitled to my services at a great discount!

FAQs

When will my baby sleep through the night?

I really wish I could give you a finite answer to this question. The truth is, no one ever really sleeps through the night. We all wake up 2-6 times per night as we cycle through different stages of sleep and your baby will be no exception. What I can tell you, with absolute certainty, is that he/she will begin to sleep through once they *learn how*. Once your little one begins developing their independent sleep skills, they will begin to string those sleep cycles together, without your help, and so even if she does wake up throughout the night - she will understand that *she* is the one who has the power to put herself right back to sleep! This being said, many newborns will still need nighttime feeds and will wake up at least once to fill up their tummies. I have seen babies who were ready to drop this feeding as early as 10 weeks and I have seen babies who needed nighttime feeds through the sixth month. Exactly when this will happen depends on the individual child and family.

Should I wake my baby to feed him during the night?

Whenever we talk about nutritional needs for your child, it is always best to speak with your pediatrician first. However, normally, when a full-term, healthy baby is back to his birth weight and continues to gain weight appropriately, there is no need to wake him for a feeding. This recommendation may be different depending on your baby's specific circumstances, so always check with your pediatrician before making any changes around feeding.

What if baby takes a short nap and it's too early to feed her again when she wakes up?

Newborns typically sleep in 30-45 minute cycles and they sometimes have trouble falling back to sleep after one cycle has been completed. If your babe has slept for less than an hour, try to coax her back to sleep for another 10-15 minutes. You can offer some loud shushing, patting, jiggling the mattress a bit or offering a pacifier to buy you a little more time. If you have tried for 10-15 minutes and it is clear she is not going back to sleep, it's ok to get her up, but if it's still too early, wait another 10-20 minutes before offering her next feed (and make sure to keep her awake during it) in order to keep your schedule on track.

What if baby hasn't fallen asleep and it's time to feed again?

If you've missed the nap window - for whatever reason - and baby seems hungry, go ahead and feed him. If he falls asleep during the feed, just lay him down in his crib instead of letting him sleep on you. At the next feed, do your best to keep baby awake and at the next nap try putting baby in his crib, drowsy but awake. The newborn stage is a time for everyone to *practice*. It doesn't need to be perfect!

FAQs

Why does my baby cry out, twitch or jerk around when he sleeps? Is that normal?

Yes! This is *totally* normal. Newborns sleep in two stages - deep/quiet sleep and active/REM sleep. When babies are in REM sleep, they are working hard to process all of the sensory information they received during their last period of wakefulness. Because a newborn's system is still developing, they have not yet developed the muscular paralysis that adults experience when we enter REM sleep to keep us from acting out our dreams. This is why newborns often twitch, make noises, or are prone to other startling movement while they sleep.

Is there such a thing as too long of a nap or too much day time sleep?

I'm sure you can agree that we all wake up happier when we wake up naturally, on our own, when we're ready. Because your baby is still developing those sleep cycles, it's important that she is also given the chance to regulate her own sleep and is allowed to finish each nap on her own. However, if it is nearing the 3.5 hour mark since her last feeding and she has slept for at least 2 hours, then it's ok to gently wake her by opening her door or the curtains and speaking in a soft voice so as not to startle her. This will help to keep her day on track. The goal is to get in enough calories during the day, so that she doesn't need to make them up at night and she can then begin sleeping in longer stretches overnight.

My baby doesn't seem to like a pacifier. Does he need to use one in order to sleep safely?

The AAP recommends pacifier use in an effort to prevent SIDS (*however, it is important to note that NOT taking a pacifier DOES NOT INCREASE the risk of SIDS*).

If your newborn prefers a paci, you can absolutely use it as a tool to soothe a fussy baby, help to extend a short nap as well as help an overtired babe relax into sleep. The tricky part is what to do when it falls out. I don't usually recommend replacing a pacifier once it falls out, unless it is the cause of a wake up and baby has begun to protest. Some newborns will spit them out repeatedly and then there you are, standing over a crib, waiting to put that pacifier back in. This is a habit that will most definitely become a "prop" later on down the road, so I typically recommend weaning the pacifier by 10-12 weeks anyway. Even if you've got a skilled baby who is able to replace their pacifier independently, a pacifier fragments sleep. Whether it is you, or them that replaces it, your child is still going to have a complete wake-up between sleep cycles looking for that pacifier, instead of transitioning smoothly from one cycle to the next,

FAQs

My baby sleeps better in the swing or in a propped position than she does when she's laying flat. How can I help her sleep well in her crib?

Newborns tend to sleep better in snug, cozy spaces, like a DockATot or a swing because they are small and confined and they mimic the environment that they're used to sleeping in - *the womb*. And it's also for this reason that we love to snuggle babies into things - especially our arms! It gives both mom and baby a lot of comfort and it can be tempting to want to keep them snuggled in there forever. But there are a few very important reasons for you to make the transition sooner than later:

First - and most importantly - is safety. Due to the positioning of babies in swings and the cushy-ness of many baby seats, babies are at an increased risk for suffocation, positional asphyxiation and the re-breathing of carbon dioxide while sleeping in them. Although it is tempting and convenient, babies sleeping anywhere that is not a flat or firm surface is a safety risk.

Consequently, as your little one gets older and his sleep cycles begin to mature, the more his quality of sleep will suffer when he is in a swing/bouncy chair instead of a bassinet or crib. During motion-induced sleep, our bodies don't know that we're safe and we aren't able to fall into those restorative deep stages of sleep as often or for as long as we need. This protective mechanism will keep infants in lighter stages of sleep, which will result in more frequent wake-ups and waking less rested than they would be if they had slept in their crib. Additionally, the bouncers, swings and DockATots have size and weight limits and are quickly outgrown, which becomes a larger safety issue.

Unfortunately, there really isn't a fool-proof, easy way to make the transition. The best way to do it, is just to make the decision that most, if not all sleep, will happen in the bassinet or crib. And then do it cold-turkey. Some babies will handle the transition well and others will fight it all the way. You can bet in all cases, there will be some sort of adjustment period. Think about how you might react if someone came into your bedroom at night and forced you to change the way you slept! However, as a parent, you will always have to make decisions that are in the best interest of your child - and this is one of them.

There are a few helpful tools to add to your arsenal that will help you ease baby into the idea, like a swaddle. If your little one has already begun to roll over, then it's time to use a transitional sleep suit instead (like Merlin's Sleep Suit or the Zipadee Zip), which can help some babies to feel more snug and secure. The best tool in your kit; however, is going to be practice. You may have a few rough nights and you're going to be tempted to revert back to old habits but I urge you to resist the temptation and power through. It's better (and safer!) for everyone in the long run!

Thank You!

I sincerely hope that you found this guide to be helpful!
Be sure to keep me posted on how things are going for you and your
Super Star Sleeper.

You can tag me on Facebook @sleepsensefairy or
Instagram @sleepsensesleepfairy.

- Got a burning question about your child's sleep?
- Need a little extra *moral support*?
- Want someone else to take the guess work out of it?

GET IN TOUCH!

My goal is to help ALL families get the sleep they so desperately need (and deserve). Just because you're a parent doesn't mean that you have to experience parenthood in a permanent state of exhaustion. If your child isn't sleeping, don't wait for the problem to correct itself - that may never happen.

It's not selfish, it's not indulgent, and it's not unrealistic.

It's *necessary*. And the benefits are invaluable - *for your entire family!*

Receive 15% off Newborn and Infant Sleep packages with the purchase of this guide

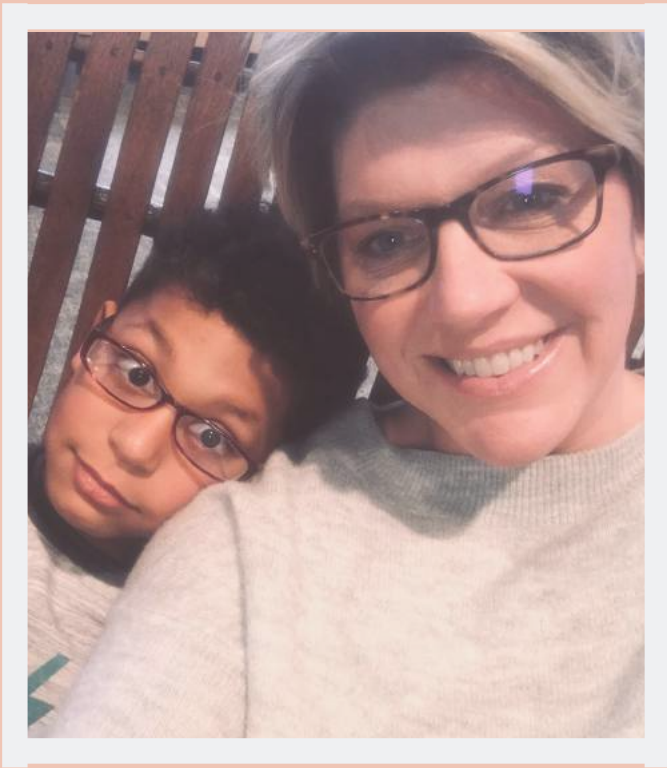
Disclaimer

The information in this guide may not be appropriate for every child and is not intended to be interpreted as medical advice. The contents of this guide are for informational purposes only and are intended for use with common early childhood sleep issues that are completely unrelated to any medical condition. Always seek the advice of your healthcare provider regarding ANY matters that require medical attention before following the recommendations given in this guide. Relying on any information provided in this guide is solely at your own discretion and risk. My Sleep Fairy does not make any representations or warranties, express or implied, regarding the information outlined in this guide. In no event will My Sleep Fairy be liable to you for any other claim, losses or damages.

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..... Meet Krista



Krista is Mom to Carver, a sweet and spunky goofball, who is now a perfectly healthy Super Star Sleeper! But that wasn't always the case. Carver was born with the airway obstruction disorder, Laryngomalacia, and that made sleep a pretty big challenge for them both in the early days.

Krista has an educational background in healthcare, where she assisted Vascular Surgeons in the diagnosis and treatment of vascular disease for 10 years before realizing that it just wasn't her passion.

She has since become a Certified Pediatric Sleep Consultant and has been very fortunate to have been hand selected to train under Dana Obleman - renowned author and the creator of the Sleep Sense Program - one of the most popular sleep training programs in the world. And this is, without a doubt, where her passion lies!

As well as keeping up with a busy 7 year old, she is constantly keeping up with all the latest developments in the world of child development and sleep, which allows her the ability to combine technical knowledge, empathy and compassion to the support she provides to families all over the world.

If you would like more information or would like to set up a complimentary 15 minute call to discuss your situation and explore solutions that fit your lifestyle and goals, please get in touch!

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