

baby sleep.

a resource guide



every parent

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baby won't sleep?

As a parent, one of the most worrisome issues is getting your baby to sleep longer.

In this guide, we shed some light on the causes of several baby sleep issues and provide some tips and strategies. Plus, we created four videos on common baby sleep issues that take a deep dive into understanding these sleep challenges.

We hope this guide provides an enlightened understanding of the science of sleep, and the importance of creating healthy sleep habits for your child. ♥

meet the **collab team** ♥



Katisha Rasheed
every parent

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Anita Patel

hush baby hush
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getting your baby

to sleep

As new parents, one of the most worrisome issues is getting baby to sleep longer. While sleep issues can be persistent and overwhelming for parents, it's important to remember these key points and manage your expectations:

1

Newborns, in general, sleep about eight to nine hours during the day and roughly eight hours at night. **BUT** they only sleep one to two hours before waking to eat.

2

Starting at four months, your baby's internal clock kicks in and they can differentiate between day and night. That's when we hope to establish a sleep routine and achieve longer stretches of sleep without a feed.

3

By six months, we start to expect that babies should **NOW** sleep an average of ten to twelve hours each night (uninterrupted!), and get three and a half hours of daytime sleep.



help!

why is my baby *not sleeping?*

There's no disputing that a lack of quality sleep can lead to development issues – we ALL need adequate amounts of quality sleep to improve attention, behaviour, learning, memory, and overall mental and physical health.

So, before we take a dive deep into navigating troublesome sleep issues, let's do a little assessment for preparing and establishing healthy baby sleeping habits...



1

are you being consistent?

Children crave routine. Establishing nap schedules and bedtime routines will help set their internal clocks. "You will start to notice that your baby will fall asleep easier and stay asleep longer when you are consistent," says Anita Patel



2

are you downplaying naps?

Once you have established a routine stick with it! Skipping naps can cause your baby to become overtired and overstimulated, making it harder to get him to bed at night.

Prepare a relaxing and comfortable place for your baby to nap, preferably in a cool, dark room with their crib. Avoid car seats, strollers, or swings for most naps.



3

can you spot the sleepy signals?

Babies communicate through signals. Start to recognize cues that your baby is ready for bed, such as getting quiet, staring off, or eye-rubbing.

If your baby is crying, fussing, or throwing a tantrum, you may have missed the sleepy window.



4

are you keeping your baby awake too long?

Many of us tell ourselves, "My baby just doesn't need that much sleep." Let's shift this thought. Just because your baby is not sleeping doesn't mean they don't **NEED** more sleep.

Research shows that between

20% – 30% of infants wake consistently

throughout the night during their
first two years of life.



Sleep patterns will change and evolve
as your baby grows and develops.

Managing "wake times" is a very important part of improving your child's sleep. "Wake time" is defined as the amount of time your child spends awake in between sleep. If your child is up for too long, she may fight sleep, and the same goes if your child is not awake for long enough. The "Wake Chart" below shows how long your baby should be awake between naps and how many naps may be required, by age.

wake chart

AGE OF BABY	TIME AWAKE BETWEEN NAPS	# OF NAPS
0 - 1 month	45 mins max	6+
1 - 2 months	45 - 60 mins max	5 - 6+
2 - 3 months	60 - 75 mins max	5 - 6+
3 - 4 months	75 - 90 mins max	4 - 5
4 - 6 months	1.25 - 2.5 hrs max	3 - 4
6 - 8 months	1.75 - 2.5 hrs max	3
8 - 10 months	2.5 - 3.5 hrs max	2 - 3
9 - 12 months	2.5 - 4 hrs max	2
14 - 18 months	4 - 6 hrs max	1



getting the timing *just right* is crucial. ♥

Keeping track of your baby's wake and sleep windows can greatly improve overall sleep.

You may notice a schedule slowly start to emerge in regards to your child's sleep. A schedule will eventually outweigh the need for following wake times.

A consistent schedule will help set your baby's internal clock, making falling asleep and staying asleep much easier! ♥



help!

when can I drop *night feedings?*

While every baby is different, most require a feeding schedule that looks similar to the following:

newborns to 3 months old:

feedings every 2-3 hours, on demand

3-4 months:

2-3 feedings per night, on demand

5-6 months:

0-2 night feedings

7-9 months:

0-1 night feeding

10-12 months:

sometimes 1 night feeding

12+ months:

generally no night feedings

being aware of baby's
feeding schedule
will help determine readiness for
night weaning ♥



is your baby waking because of *hunger?*

As a parent you are probably the best person to assess whether or not your child is ready to drop a night feeding.

Trust your instincts and ask yourself the following questions:



How is your baby eating during the day and has your baby started solids?

If so, it's important to make sure your baby is getting enough calories during the day.



Does your baby wake at night, for small feeds and then just want to hang out? Do they fall asleep immediately after a couple of minutes of eating?

If so, this is unlikely to be a hunger feed but more of a sleep association feed. This is a sign they no longer need these night feeds. ♥



how
to

create a safe *sleep environment*

Good sleep habits are important for your baby's physical health and emotional well-being. An important part of sleep is safety. As parents we need to place importance on baby's sleep environments. Here are a few tips:

Where should my baby sleep?

For the first six months, the safest place for your baby to sleep is on their back, in a crib in your room (co-sleeping).



how
to

create a safe *sleep environment*

- Starting from birth, and for the first year of life, place your baby on her back at nighttime and for naps.
- Do not use sleep positioners or rolled up blankets to keep your baby on her back. These items can cause your baby to suffocate.
- Use a firm, flat surface for sleep.
- Keep soft materials out of your baby's crib. These include blankets, bumper pads, stuffed animals, pillows and other pillow-like items.



how
to

dress your baby for *sleep*

- If you choose to swaddle your baby, make sure that you follow a **SAFE SWADDLING TECHNIQUE**.
- When swaddling a baby, the airway should be clear, and enough room should be left for their legs to move.
- Stop swaddling when your baby shows signs of rolling over.



how
to

dress your baby for *sleep*

- Make sure your baby is not too warm. If the room is cool, use a sleep sack, not a blanket.
- Health practitioners highly recommended using a SLEEP SACK for safe sleeping.



managing sleep issues.

With these guidelines to help you assess and improve your baby's sleep habits and quality of sleep, let's dive deeper into some specific baby sleep issues.

The following pages are a curated list of helpful videos designed to help you troubleshoot specific sleep-related issues, guided by Pediatric Sleep Consultant Anita Patel.

You will survive!



short naps

Do you know what causes short naps or why wake windows are important? In this video, Anita discusses how to establish a great routine to make sleep time easier.

ready, set, cozy up!



creating a conducive sleep environment

Do you have a relaxing environment where your baby can enjoy sleep time? In this video, Anita discusses the importance of creating an adequate sleeping environment for your baby and shares tips on how to get there.

there is hope!



the 4-month sleep regression

Learn all about the 4-month sleep regression, with tips from Anita on how to manage a regressive stage in your baby's sleeping pattern.

i am an early riser!



early morning wakings

Do you have an early riser at home? In this video, Anita shares strategies that encourage your baby to sleep longer in the morning.

questions?
get in touch



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essential packages for **every parent.**