

# Baby Sleep Tips

WHAT TO AVOID && WHAT TO DO  
INSTEAD



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# *Full Feeds vs. Snacking*

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The most important thing a sleeping baby needs is a full tummy. You want to make sure your baby is eating a full meal, at every feed, rather than a quick snack. Feed your baby as soon as they wake up from a nap, not just before they go to sleep. By doing this, you will ensure that your baby is getting a full feed and not using the feed as a way to fall asleep.

# *Exceeding Awake Time*

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Make sure your baby is not exceeding their recommended awake time. Developmentally, babies can only handle a certain amount of awake time. When your baby exceeds this time frame, they become overtired and impossible to put down. Paying attention to their sleepy cues, like fussiness and rubbing their eyes, will tell you it's time for them to go to sleep. Wake times gradually increase over time, but if you try to extend them too early your baby will become too tired to fall asleep on their own.

# Putting your baby down asleep

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It is very easy to want rock your baby to sleep. However, putting your baby to sleep awake is one of the best things you can do for your baby. By putting your baby down awake, you are teaching them how to fall asleep on their own. It may take some time, but teaching them this skill will benefit them in so many ways -- Especially during those night time wakings. This does not mean you cannot rock your baby. It simply means, rocking them to the point where they are drowsy, but still awake, and laying them down in their bed.

## Rushing into the room

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When you begin to hear your baby, make sure you are giving them a chance to settle back down by themselves. Babies naturally go through sleep cycles that last approximately 40-50 minutes. By giving them time to settle themselves, before rushing into their room, you are giving them the chance to fall back into another sleep cycle. This will help them make it past the one hour nap mark and achieving the restorative sleep they need,

# Letting your baby nap too long

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It is important that you avoid letting your baby sleep too long during the day, causing them to be awake more often at night. During the day, you want to make sure your baby is napping on a set schedule. Doing this will ensure that your baby is getting the sleep they need, in addition to the necessary amount of feeds. You typically want to start your baby on a three-hour routine, allowing them to eat, play and sleep. Ideally, your baby will sleep for two hours during this time. As they get older, the naps will combine and the schedule will change.

# Skipping Baby's Bedtime Routine

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You want to make sure you are taking part in a bedtime routine every night. A simple bedtime routine, prepares your baby for the night time ahead. When the bedtime routine begins, they know it is almost time for them to go to sleep for the night. You want to choose two or three elements and do them in the same order every night.