

A GUIDE TO SURVIVING

Sleep Regressions



Sleep Regressions: What to expect

4 Months

As your child becomes more aware of their surroundings, they will be more interested in the world around them. During this time, they will tend to have a hard time falling asleep and staying asleep. You may notice your child moves around while they sleep and will even begin to wake up and fall back asleep during the night. Sound familiar? Their habits are becoming more in line with the way adults sleep. Although this regression typically only lasts 2-6 months, it is important to stay consistent with your child's sleep routine. If you have not yet established a sleep routine for naps and bedtime, now would be the perfect time to do so. Your baby will find comfort in knowing what to expect daily.

6 and 9 Months

As your child develops new skills and teething begins, you will notice they are waking both during the night and in the early morning. Their naps will become shorter and they may even become more difficult to put down. Their new ability to roll over and/or sit up, may distract them from immediately going to sleep. They may even be learning to crawl or pulling themselves up to a standing position. This regression typically lasts between 2-6 weeks. If your child seems to be resisting the same nap after 6 weeks, you may want to take a step back and look at your baby's current schedule. Babies are usually ready to transition into fewer naps, by the age range of 4-12 months. It is important to remain consistent with your child's current nap schedule or taking the time to implement a new one. Try not to intervene, as they learn new ways to self-soothe. Giving your child extra attention throughout the day could also be helpful, during this developmental milestone.

12 Months

As your child becomes a toddler, you will notice their levels of clinginess, crying, and crankiness increase. They are becoming more independent physically, causing them to constantly be "on the go". Their vocabulary is growing, and they are able to communicate using simple sentences. In addition to teething, you may notice separation anxiety set in, which can impact their sleep greatly. It is important to remain consistent in your routine, during the next 2-6 weeks, as this phase will quickly dissipate. If you notice your child's sleep patterns are interrupted past 6 weeks, you may want to revisit your current schedule. Children tend to make the transition to one large nap around 15-18 months old. Use this time to focus on healthy sleep habits, while introducing your child to a new routine. Take advantage of their awake time, by giving them opportunities to explore their new skills. Giving them a sense of independence and including them in your simple tasks, will give them the extra attention they are craving. During this time, it may be a good idea to extend your bedtime routine by 15 minutes. Allowing them to choose the story being read, or even turning on their sound machine, will help give them a sense of control of the situation.

18 Months

During this regression, you will notice your toddler is waking up both during the night and at nap times. As your child is walking and talking, this regression can be difficult. You will notice tantrums coming into play and they are wanting to be more independent than ever before. Just remember, this will only last 2-6 weeks, and consistency is key. Giving your child plenty of exercise during the day, before naptime, can help exert the extra energy that is keeping them from wanting to sleep. Continue to allow them to pick out their story of choice or take some type of control in their bedtime routine; even if it means picking out mix-matched pjs.

24 Months

During this regression, your child may be back to waking up during the night and resisting naps. Take into consideration all the life-changes that are happening around them. If you have recently introduced potty-training or they are no longer in their crib, it is important to remain extremely consistent. Night terrors and fears of the dark are also coming into play at this age and it is important to maintain the healthy and comforting sleep habits they are used to. Acknowledge these fears and reassure them that everything is okay and that they are the safest while in their rooms. Giving them extra attention during the day will also comfort them during these 2-6 weeks. If this stage lasts more than 6 weeks, it may be time for you to explore a new plan or technique.

Need more help? Let's us help you get through a regression, with one of our personalized sleep plans!