



8 sleepwins

#1 Set the body clock

12 hours of dark and 12 hours

#2 A pair of socks

Temperature change may contribute to night waking

#3 Try pink noise

May help deepen sleep (!!! not for use for babies under 12 months!!!)

#4 Regular bedtime/wake ups

This is for babies over 6 months, this is not to set a strict schedule

#5 Have a bedtime routine

This should be shorter for younger babies and longer for older children
(see routine PDF)

#6 Calm down time

Screens off two hours before bed, reading, colouring, stories, 1:1 time

#7 Bedroom environment

As much as possible build positive sleep associations in the bedroom (see PDF)

#8 Things around sleep

Look and see if there is anything else that could improve around sleep
like if there are vitamins lacking in their diet or if they are spending
time spent outside.

What to do next?

Go through the list and see where you need more support of if there are any changes you think you can make? Look through the suggested PDF and if you have any questions please contact Chantelle for a free initial consultation.