

# SLEEP and SENSIBILITY

## *4 Reasons Your Baby Isn't Sleeping Through The Night...*

And how to fix them.

Expert guidance from a sleep consultant.



## **Hello busy mom or dad. I'm Karolyn.**

Like you, I'm also a parent. My little ones are five and three years old.

I'm *also* a professional sleep consultant. That means I help parents navigate the intimidating process of easing their children into simple sleep schedules so they can stop feeling so achingly tired in their waking hours.

## **Think about that for moment.**

Think about *every* member of your family and how they would benefit if your little one (or little ones) could fall asleep and stay asleep through the night without the level of frustration you're currently experiencing.

Would you feel healthier, less agitated, and more patient?  
Would you have energy to tend to your household without it draining you?  
Would you and your partner enjoy dinner dates after the kids are asleep?  
Would you feel more energetic and confident as a parent?  
Would your other kids get more individualized attention from you?

## **Don't think it's possible? I promise you, it is:)**

When you have the right information, the right plan, and the right support for *your situation*, creating calmer bedtimes is very do-able. I know because as a certified sleep consultant, I've worked with many parents who started with the same skepticism as you, but are now enjoying so much more peace, happiness, and sleep!

## **Let's see if we can figure out why your child isn't sleeping well, shall we?**

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## Do you have an age-appropriate bedtime and nap schedule?

If the answer is *no* or *I'm not sure*, keep reading.

Humans have a predetermined body clock known as the circadian rhythm. This clock tells us when it's time to sleep and time to wake. Modern technology, such as lights and electronic devices, have made it easy to ignore these natural signals. In turn, our children often end up on schedules that aren't aligned with their natural circadian rhythm. Putting children on the correct time for their bodies will make them feel more ready to go to sleep and improve the quality and quantity of that sleep.

### How to fix this:

#### ***Chose a bedtime between 6-8 o'clock for all babies and young children.***

I've found 7:30 to be the magic hour. Most children should be getting between 11-13 hours of sleep each night.

#### ***Chose your goal wake time.***

Sometimes our schedule determines our morning wake time. For example, you may need to be up at 6 to be out the door on time. Babies and young children need between 11-13 hours of sleep at night. If you need to wake them early, adjust bedtime accordingly.

#### ***Decide how many naps your little one needs.***

I've added some guidelines to the following page...

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# Sample Schedules

Each child and family is going to be a little different.  
If you would like a customized schedule for your individual needs,  
contact me about a private consultation.

## **0 to 10 weeks** 14-18 total hours of sleep

Baby sleep will seem like a series of naps around the clock at first.

Around 6 to 8 weeks your baby can begin to sleep longer than 2-3 hour stretches during the night.

## **10 weeks to 4 months** 11-15 total hours total, work towards 10-12 hours of night sleep

Encourage baby to sleep versus play at night. Keep environment dark, calm, and quiet during night feedings (1-3 night feedings). Avoid artificial lights, tvs and mobile devices.

Wait just a few minutes before rushing in and feeding her.

## **4 to 6 months** 11-13 hours of night sleep + 3-4 hours of day sleep (2-3 naps)

Bedtime 7:00 PM (0-2 night feeding)

Waketime 6:00 AM

First nap 8:00

Second nap 11:30

Third nap 3:00

## **6 to 9 months** 11-13 hours of sleep at night + 2-3 hours of day sleep (2-3naps)

Bedtime 7:30 PM (0-1 night feeding)

Waketime 6:30 AM

First nap: 9:00 AM

Second nap: 1:00 PM

## **9 to 12 months** 11 to 13 hours of night sleep + 1.5 to 3 hours of day sleep (1-2naps)

Bedtime 7:30 PM (night feedings rarely necessary, check with doctor)

Waketime 6:30

First nap 9:30 AM

Second nap 2:00 PM

## **12 to 24 months** 11 to 12 hours of night sleep + 1.5 to 3 hours of day sleep (1-2 naps)

Bedtime 7:30 PM

Waketime 6:30 PM

Only nap 12:30 PM

May need to make bedtime earlier as child drops 1st nap.

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## Do you have an an eat-play-sleep routine between naps?

If the answer is *no* or *I'm not sure*, keep reading.

You may have heard that a bedtime routine is everything when it comes to sleep. And it *is* important!

But the *overall routine* of the day plays a big part as well.

Meeting your child's needs throughout the day can often come with a little uncertainty. *Did we feed enough? Did they sleep enough? Should I change them again?*

Our uncertainty can have us meeting the wrong needs sometimes and leaves us with a fussy baby.

Leading sleep experts have found that meeting your child's needs on a predictable schedule allows your child to feel secure in knowing what comes next. It also gives the caregiver a feeling of ease and confidence.

As a sleep specialist, the pattern I recommend is:

***Wake***

***Eat***

***Play***

***Sleep...***

and repeat. You will notice you child will begin to eat better regularly. Digestion will also become more regular, and sleep cues will begin to settle into a consistent schedule. I have some tips to fix this on the next page...

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## How to fix this:

Armed with the knowledge from the earlier pages, create an outline that includes an age-appropriate bedtime and a nap schedule that is aligned with your child's age.

Next on your outline, add time slots for eating and playing after each nap.

Your job will be to come up with fun ways to bond, learn, and snuggle during those playtimes.

## Please note:

Creating an *eat-play-sleep routine* does not mean that you must strictly feed your child only when they wake.

Nursing relationships vary, so you may feed more often. If you are nursing, it helps to think of the waking times as their *main meals* and other nursing moments as *snacks*.

It is important to refrain from eating at least 30 minutes before putting your little one down for sleep with the exception of bedtime.

You will learn more about this in the next strategy.

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## Do you rely on external sleep props?

If the answer is *yes* or *I'm not sure*, keep reading.

An external sleep prop is a tool or habit that a child uses to go to sleep—something that she *does not* naturally have available to her.

I know it's tempting to feed, rock, or gently bounce your baby to sleep but when you do this regularly, then your baby will need to have that *each time* she wakes in the night. And this makes it very hard for her to learn to sleep straight through to morning.

### How to fix this:

By removing sleep props, your little one will be able to develop a new independent strategy to fall asleep and this will empower her to be able to go *back to sleep* without having to call out to someone to help her.

The result is a child who can move through sleep cycles seamlessly, which leads to deeper, more restorative sleep.

### Note:

This step is often the one that families struggle with the most. However, like all the other pieces of this sleep puzzle, it is *essential* to the big picture. Adding in a lovey or a small blankie to your child's sleep space may ease the transition if you feel your child is old enough to snuggle with one safely.

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## **Have you created a consistent and supportive environment?**

If the answer is *no* or *I'm not sure*, keep reading.

Our children look to us for guidance. They can also sense our emotions.

### **You'll need to be a flight attendant (so to speak):**

When we're on an airplane and experience some turbulence, we look to the flight attendant. If they seem calm, then *we* feel more calm.

When we hear the pilot reaffirm that "*Everything is going to be ok, but it may be bumpy for a bit,*"—even though we may feel uneasy, we do feel better knowing that the people in control are not concerned.

Our kids look to us the same way.

They look to us to remain in control. They read our faces and emotions for guidance.

Making sleep changes may feel uneasy for your child, so you'll need to be their flight attendant. Try to stay calm and reassure them that things are going to be ok.

And one more important note: *be consistent.*

Waffling and changing directions, causes children to feel uncertain and it doesn't give them the chance to adjust to new changes. You can do this:)

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## **So there you have it...the four main reasons most little ones aren't able to fall asleep and stay asleep easily.**

I hope this guidebook provided some insights and do-able action steps to help you, your child, and your whole family begin sleeping more easily and deeply very soon.

### **Three things to remember before we part ways:**

1. Be consistent with your new schedule and routines
2. Stay with it and remain calm.
3. Your new routine may take a few days or a few weeks to feel normal.

Over time, your little one will begin to predict the new routine and fall into a comfortable rhythm. When sleeptime happens, she will be ready and willing to fall asleep peacefully and stay asleep as long as her body requires.

Please know, I understand how making these changes can feel really big right now; maybe even a little scary. If possible, enlist your spouse to be your co-pilot.

When you feel like giving in, try to remember the *positive outcomes* that quality sleep will bring to your child, you, and your whole family.

It will be so worth it!

And if you'd like personalized guidance from me—where I'm on speed dial to help you through this—don't hesitate to reach out. I'd be happy to help!

Warmly,  
Karolyn

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**Karolyn Kritikos**  
Certified Pediatric Sleep Consultant



## About the author...

Karolyn Kritikos is a certified sleep consultant and member of the Association of Professional Sleep Consultants. She works with families who have children ages 3 months to 8 years old.

Because the demands of parenting are endless, she is passionate about helping families reclaim their energy, confidence, and *closeness* by relieving the pressure that sleep deprivation—due to fussy little ones at bedtime and throughout the night—causes.

She works with clients in their homes (in the Cincinnati area) and worldwide via Skype. She also teaches classes and workshops in her home city of Cincinnati, Ohio.

***To learn more about her services and read client success stories, be sure to...***

**VISIT HER WEBSITE RIGHT HERE >>**  
([sleepandsensibility.com](http://sleepandsensibility.com))

***To request a 20-minute phone call to determine if her services are right for you...***

**START THE PROCESS RIGHT HERE >>**  
([sleepandsensibility.com/contact](http://sleepandsensibility.com/contact))

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