



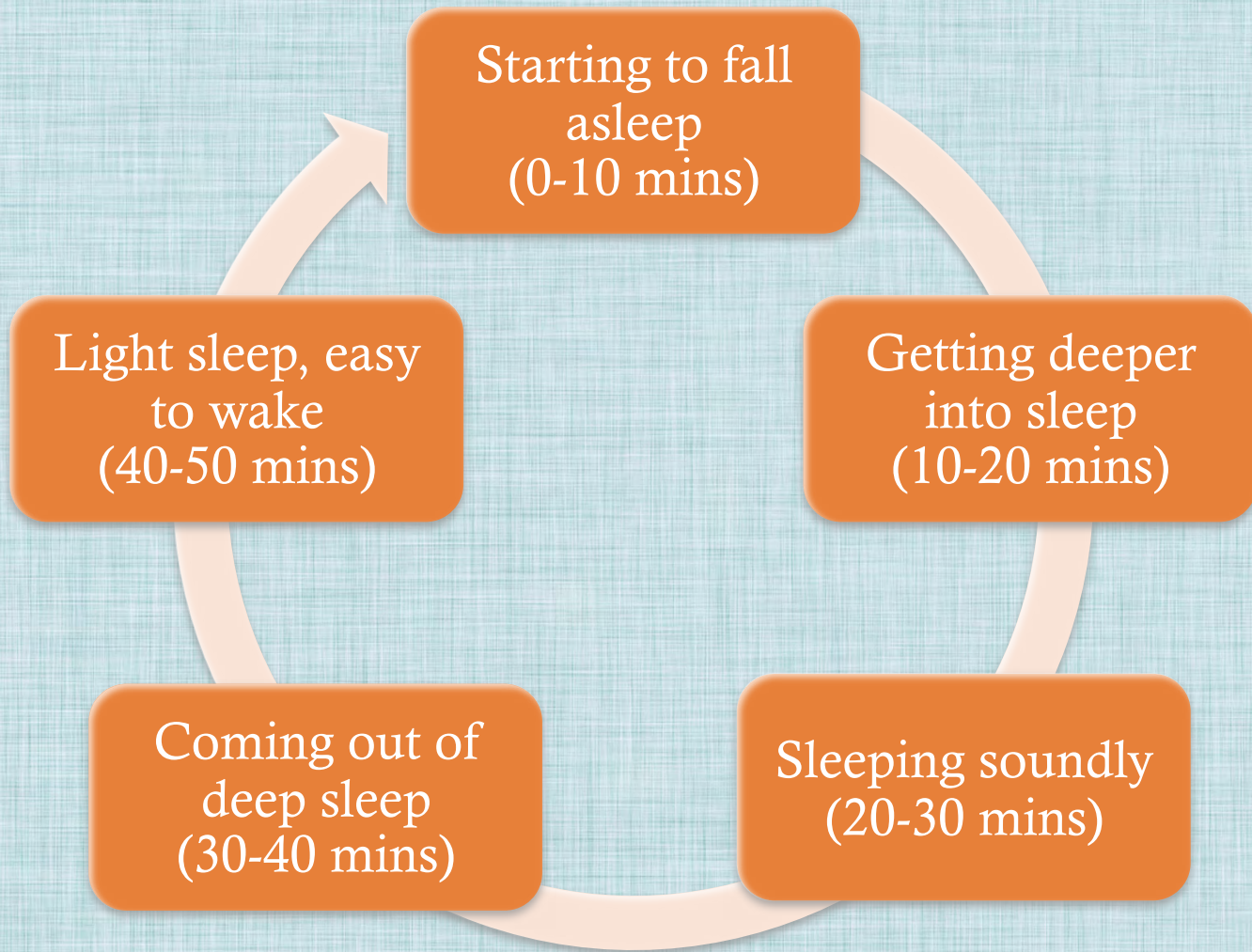
Sleep Like a Baby

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Prioritize sleep for physical,
mental, and emotional health



+ Science of Sleep



+ Building a Strong Foundation

Naps

Prioritize sleep

Self soothing

Sleep
associations

Environ-
ment

Routine
& timing


Nutrition

Exercise

+ Optimal Sleep Environment

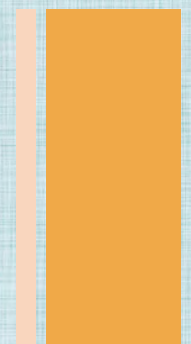
- In your room on separate surface
- Firm mattress, nothing loose
- Cool temperature – 68-72°
- Dark – 8/9 out of 10 day and night
- Consistent white noise
- No electronics near head
- No distracting décor near bed
- No sleep in motion after 3-4 months



A newborn baby is shown sleeping peacefully on a light blue surface. The baby's eyes are closed, and their expression is calm. The background is a soft, out-of-focus light blue. The text is overlaid on the right side of the image.

Follow your baby's
circadian rhythms for
optimal sleep.

+ Nutrition and Exercise



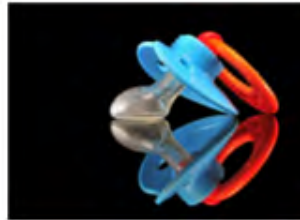
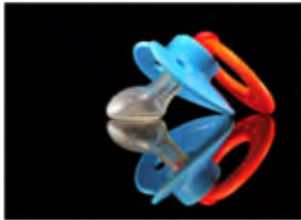
- Babies need quality feeds spaced regularly throughout the day to promote good sleep. Beware of snacking habits.
- Once mature, babies need enough nutrients during the day so they don't need to feed at night
- Keep feeds separate from sleep – eat, play, sleep
- Iron deficiency can cause sleep problems
- Milk allergies or intolerances can cause sleep problems
- Sleep enhancing foods and sleep inhibiting foods
- Give kids a chance to practice the motor skills they are acquiring



Sleep Associations

DEPENDENT

INDEPENDENT





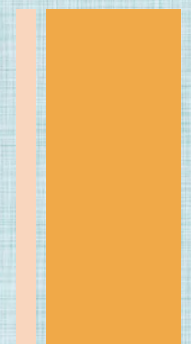
NAPS ARE NOT OPTIONAL

Good daytime sleep
leads to better sleep
at night.

+ Sleep Milestones – What to Expect

- First ten weeks
 - No circadian rhythm, no melatonin = erratic sleep; no expectations
 - Sleep every two hours or so for about an hour around the clock
 - Keep wake time to no more than an hour
 - Average total sleep is 16.5 hrs
 - Use 5 S's to soothe, establish feeding
 - Witching hour is very common late afternoon into evening
- Ten to sixteen weeks
 - Circadian rhythms emerge, sleep becomes organized, day/night patterns emerge
 - Beginning to establish sleep habits
 - Start developing a bedtime routine and practice it at each sleep
 - Bedtime is still late, but moving earlier as predictable naps emerge
 - Average total sleep is 15+ hrs

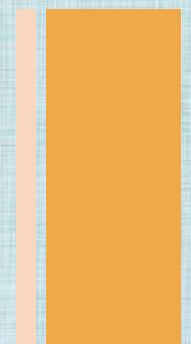
+ Sleep Milestones Continued



- Four to eight months
 - Babies become developmentally ready to drop night feeds
 - Night sleep may stretch to 8-12 hours
 - Many babies have three predictable naps around 9, 12, 3
 - Good time for sleep teaching
 - Developmental milestones: solid foods, teething, rolling over, sitting
 - “Sleep Regression”
 - Average total sleep is 14+ hrs.

- Eight to fifteen months
 - Typically drop late afternoon nap around 9-10 months
 - Earlier bedtime, no later than 3.5 – 4 hours after last sleep
 - Keep to a regular routine and consistent bedtime
 - Average total sleep is 13+ hrs.
 - Developmental milestones interrupt sleep – separation anxiety, walking, talking

+ Sleep Milestones Continued

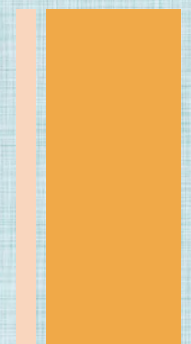


- Sixteen months – three years
 - Begin transition to one nap
 - Bedtime moves earlier
 - Transition to “big kid” bed close to three yrs
 - Terrible twos (may start 18 mos and never end!) – testing limits
 - Average total sleep 13+ hrs.
- Three to six years
 - Transition to no nap
 - Bedtime moves earlier when drop afternoon nap
 - Nightmares, night terrors, sleep walking
 - Average total sleep 12+ hrs

+ When Will I Sleep Through The Night?

- When your baby and you are ready
- Babies can typically make it through the night between 4-6 months
- Must have all the foundations of healthy sleep in place first
- When all caregivers are on the same page
- When you've addressed all medical, behavioral, environmental issues and gotten the OK from pediatrician

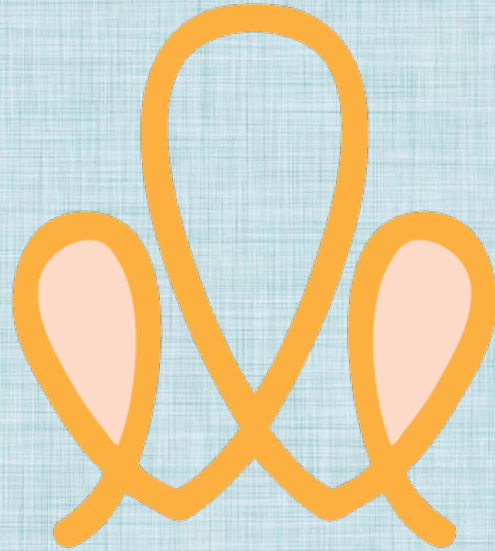
+ What is Sleep Training?



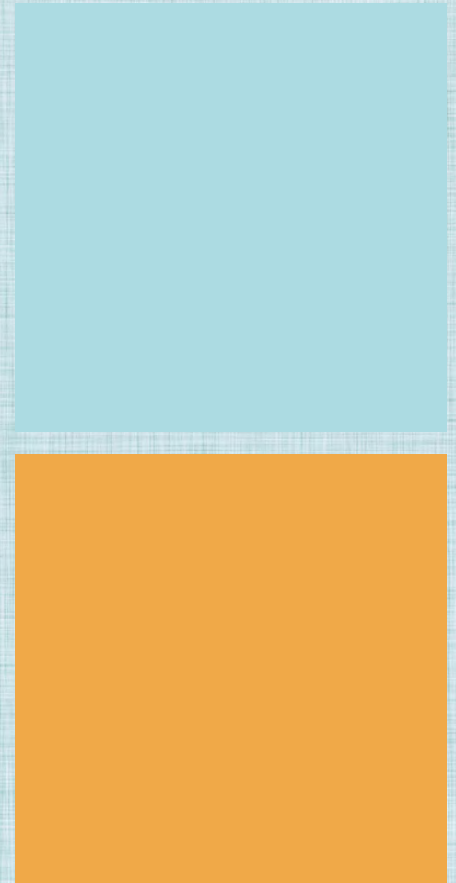
- Process of helping a baby learn to get to sleep and stay asleep through the night
- The only method that works is the one you can do consistently
- Sleeping and self-soothing are skills that you need to teach your child
- Most methods are fundamentally the same – teaching baby how to get back to sleep without parental intervention
- Differences are in how you respond to crying
- Temperament plays a big role

+ Key Points

- Sleep begets sleep
- Consistency is key
- Teach independent sleep
- Check your expectations
- Try to stay calm and confident
- Get support



Sleep Sisters™



+

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