



Episode 6: Pure Sleep
with Tara Mitchell (The Gentle Sleep Specialist)

Pure Sleep

Baby sleep techniques and tips.

Tiffany: Hi everyone. Our guest today is Tara Mitchell, who is a sleep specialist and mother of two. I've had the opportunity to work with Tara over the past few months and it's been absolute pleasure getting to know her.

Today's episode is all about sleep tools and tips for the first three months and we will answer some of the most frequently asked questions by first time parents. Thanks so much for coming on today, Tara.

Tara: It's such a pleasure to be with you guys so thank you for having me and I'm really excited to have a chat all about sleep.

Tiffany: Great! Baby sleep can be so tricky to navigate, particularly during the newborn phase, so knowing everything possible about exactly how sleep works for little ones is so important and a good road to start on when trying to promote a healthy sleep and sleep habits.

To kick off today's episode, could you tell us a little bit more about how you started up becoming a sleep specialist, how you started The Gentle Sleep Specialist and your experience, Tara?

Tara: Yeah, of course. So, I have always been around babies and kids. My mum has been a pediatric nurse for I guess 30 years now. I began by nannying, so, I was a nanny overseas and a nanny at home, then went through university and then went into pediatric nursing. My entire early adulthood I guess you could say, and like teens, was all around kids and babies. I've always gravitated towards them. From there I went into pediatric nursing for a number of years before I had my beautiful little girl Scarlet, who's now six! She was a terrible sleeper initially which was really tough at the time. I had always worked with babies and kids, so I kind of went in thinking "I've got this" and she turned my ideas upside down.

But of course, that became the greatest blessing, right, because it got me into this. So, when she was probably about six months old, that's when I began getting into the training of becoming a sleep consultant and then started the business soon after.



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Tara: (cont...) I combined my 15 years' experience and worked with thousands of families across the globe but I've also since had a little boy as well, Tommy, who's now four.

So, I work with families one on one or through online programs and we work together to learn all about sleep habits and create healthy sleep habits and also resolved sleep issues because it's a really big topic for families.

Tiffany: Wow, thank you for sharing your story today with us. I think it's so great to actually know a little bit about someone's background and how they came to be in the role they are today. You said, "sleep deprivation doesn't have to be a part and parcel of parenting a newborn or toddler". I think that's definitely something every first-time parent wants to hear.

I also suffered with severe sleep deprivation with my first and even some with my second and third baby, so I totally get it. I was definitely one of those mums who thought I could do it all on my own and tried to manage it all, even though I really didn't have any idea about what I was doing. I suffered in silence like a lot of parents do. So, what are some of the first bits of sleep advice you could share with us today, Tara?

Tara: Yeah, sure. Firstly, sorry to hear you had such sleep deprivation! I think it's just so common, there's a number of things that kind of you know play into how we get into the sleep habits and get into that idea of thinking that it is just a part of parenthood, when it really doesn't have to be. It just effects so many different levels of your life and relationships and also your baby, for their immune health and their development and their ability to cope with their day, growth, you name it, feeding issues they are all closely intertwined with sleep issues. So, it's definitely not a badge that you want to be wearing 'three, four years of sleep deprivation'.

I think it's such a good thing when I see people reaching out. With little one's sleep, I always sort of say there's actually a number of things that happen in sleep, it's not a stagnant state. Basically, our little ones in the first half of night particularly, so the first four to five hours, they're getting into their deepest sleep at that point, and that is where so much of the processing happens.



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Tara: (cont...) A good way to look at it is that during the day, they're learning. During the night, it's like a storage system of files and it all gets filed away in their deep sleep. So, that's where they create those pathways, their memories are created, you can consolidate the skills that they're learning when they get into that deep sleep.

Little ones actually spend quite a bit of their sleep process in light sleep also, and there's so many different things that happen for their brains and for their bodies in terms of releasing growth hormones and tissue regeneration during that sleep as well. So, it's never just the stagnant state. At around four months, our little ones become quite cyclic with their sleep cycles, they become more defined.

During the night, for example at four months, sleep cycles become between 60 to 90 minutes or 90 minutes to two hours, and during the day they're 30 to 50 minutes, so hence why we get the cat napping that can happen as well, especially the little ones that aren't good at getting into deep sleep rhythms. They have much lighter sleep than us overall and they tend to be quite shorter in their cycles of sleep, but it does not mean at all that they can't get into a good rhythm of sleep.

We'll talk a bit more in depth about how to get our little ones into a really rhythmic sleep cycle, because that's where the body's able to do what it needs to do during those times and our little ones will stop that light sleeping all the time. I'd almost say that little ones with poor sleep habits, they tend to appear to sleep with one eye open so parents are like, "as soon as I move them, as soon as I take my hand off of them, or pull the breast away, they just wake up!". That often comes into what sleep cycle they're in and how the quality of sleep that they're getting is. We'll get into that as well.

Tiffany: Yeah, perfect. I'm sure that lots of listeners at home are so glad that are tuning in today. I would have got so much from listening to a podcast like this before I had my first precious baby, that's for sure.

Tara: Absolutely.



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Tiffany: What are some of the other tips that you would give around newborn sleep? I think we're really trying to target that first-time parent and really helping them out in that first little while. Newborn sleep can be so hard to work out. What would be your top tips around newborn sleep?

Tara: So firstly, I think it's really important to keep in mind that babies who are over tired have higher levels of your stress hormones, so your cortisol and your adrenaline. They actually physically find it much harder to wind down and the other thing is they also don't know how long they have slept for.

What we want to keep in mind with our little ones, for some baby's, temperament plays a really big role. You will just get some people who have that sleepy baby, it doesn't matter what they do, they sleep through the night and they're all over it, but that's just their temperament. The type of baby's that I work with are the ones that are alert from day dot, they are almost like, "I've been here before", you'll give them an inch, they'll take a mile. They are just aware, and they are more prone to getting really wired. So, it's actually not that they need less sleep, even though they may appear that way, it's actually that they're much more easily stimulated. It's like they've got a million more services of the world around them, and so they're just so easily stimulated.

First things first, is going to be offering them lots of opportunity for sleep and actually recognising that young babies will need up to 16 to 19 hours of sleep a day, so newborns. You're really looking at quite a lot of sleep in a 24-hour period.

Tiffany: Wow.

Tara: So, with that being said, they really shouldn't be doing too much more than being awake, having a feed, change the nappy, back down, you know that sort of idea - especially when they're young and they're taking quite some time to feed.

First things first, I start to create some consistency and some predictability around their sleep and also just focus each section at hand. So, when you're feeding, the most effective thing you can do is start to create a pattern of, "now this is our feed", so let's work on a good effective feed at that point. That might be engaging them a little bit more, making sure that you're not getting too stuck in a snack feed and snacks sleep pattern.



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Tiffaney: Yeah.

Tara: So what will happen with a lot of young baby's is they'll get on a feed, fall asleep for five minutes, wake up after that five minutes or if you try and move them, then they'll cry, and we're like, "oh gosh, they haven't really had a proper feed but they're fighting their sleep now" so then they'll just put them back on the breast or back on the bottle for example, then we try and give them another feed, and then they fall asleep it - and we get really lost. If we can try and focus on an effective, proper feed, almost like a meal. I'd almost want you to see each section as a meal of a feed time and then a meal of sleep, if that makes sense.

So then when you come into that next stage, it's like, "right. Now they're due for a sleep. We can rule out the feed, they've had a good feed, now let's focus on getting them a good sleep". You might just, for example, change their nappy beforehand, wrap them up, whatever it might be, you might sing a lullaby. You don't need to get too ritualistic about it but creating some sense of pattern in your day can be really beneficial because our little ones are made to learn patterns and associations.

Starting to allow them to recognise what's coming next is really important too. One thing I think is just such a top tip for parents to know overall is that, your little one doesn't know how long they've slept for. So, if they're falling asleep for five minutes on a feed, or staying really dozy on feeds, or falling asleep in the car for five minutes, which is very normal, then it might that be you spend your whole day fighting them to go down for a nap, when actually your baby has counted that five minute doze as a nap, and that five minutes here as a nap, and being zoned out on your shoulder during burping part is a nap. So, it is going to become more important to keep them more aware in their awake time, so they still have an appetite to go for sleep.

One of the most common things that my newborn parents will say, is that their little ones don't sleep all day. And then when I asked them, "ok, but does your baby get zoned out or drowsy on feeds?" and they'll say, "yeah and they've had five feeds in the day." So, in their mind though it's not enough, they think they've had five little naps. That's really important to keep in mind.



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Tara: (cont...) The other thing is, I really encourage my parents to look forward and go, “what are the things we wish to keep around?” So, during those first three months, your little ones brains, the plasticity is beyond incredible, and so they are starting to recognise like, “this plus this equals sleep”, for example, or they’ll start to know as soon as you unclip your bra or see a bottle, for example they’ll be like “ah!” They just cannot wait another second because they know what it all means. They start to recognise that when this happens, this happens.

I would encourage parents from the start to go “right, if we down the track or, you know, from day dot want our little ones to know their sleep space, so to be in a bassinette, and/or to not have a dummy all the time, then we need to look at, what are we encouraging them to learn?” So, I would have them in their bassinet for sleep for regular opportunities to get to know that space. That doesn’t mean you can’t have those sleepy newborn cuddles on your chest, but what will happen, is around that twelve-week mark, your baby will wake up and it harder to get them to fall asleep on your chest, you know, during the Netflix times and things like that.

It’s more important to sort of recognise that offering them the opportunity to get to know what we want to foresee is going to be really important. If we’re co-sleeping with them when they’re newborns, do we want to see that around as they get older? It that stable? Considering you might be going back to work and things like that. I just keep an eye on what we’re doing to induce sleep because it will absolutely become a very big reliance on them, because that’s what they will then associate with going off to sleep as well.

Tiffany: Yeah.

Tara: And just keeping bedtime positive. For example, being able to recognise, that the little one is just fighting their sleep at the moment because they probably got too sleepy on their feed, or they thought that it was enough. So, let’s have some more awake time, let’s then maybe go for a walk in the pram and see if they want to have a doze that sort of thing as well. It’s very easy to sort of say “I’ll sleep when they sleep”, but sometimes that’s not possible and sometimes they’re really heightened in terms of our adrenaline and our hormones during that first six weeks, so can be really tough to get that rest.



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Tara: (cont...) Try not to put too much pressure on your sleep or on their sleep and just stay relaxed with it, and just sort of recognise, “okay, let’s just offer these opportunities if things aren’t working. Let’s pop them in the carrier and go for a walk”, that sort of thing. So, just trying to remove some of the pressure around sleep as well can be quite beneficial.

Tiffany: I think having all of these tips and tools and better understanding of why babies do what they do is so helpful, because it can be it can be a minefield, I think.

Tara: Totally.

Tiffany: What are some of the other key points to consider when it comes to knowing how much sleep the baby should be getting and why? This is another big question and you’ve explained a lot already, but I think delving a little bit more into, how much sleep they should be getting? And why they should be getting that sleep? I think it’s key to understanding this a bit more too.

Tara: Yeah, absolutely. You know, people give you a timeline of excuses basically as to why your little one should be a poor sleeper or might be a poor sleeper, but I don’t just work with babies that can’t sleep well. I don’t get caught up in you know, “you have to swap to bottle feeding that’s going to be a better option”, it’s really not most of the time, unless there’s significant feeding issues of course, so you would need to follow a guideline in terms of what your baby needs. And always follow SIDS safe guidelines.

What I would say is that people will get caught in excuses, so you know, “at four months there’s a regression and then by six months they get separation anxiety at eight months there’s developmental links and they’re going to be teething throughout the night and you remember at twelve months they’ll be walking, so that’s another regression”. I literally write out a timeline of the excuses, but it doesn’t have to be the reason, right? Just recognising that. If I have had you know thousands of clients across the globe and we get on top of what they recognise as sleep, because babies are born to develop these patterns that I spoke about before.



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Tara: (cont...) So, what we want them to understand is that sleep is internal, it's autonomic, they were born to sleep. It is the same idea as breathing, that sort of thing. But, if we are constantly not giving them the opportunity to try and settle, or their own space in their bassinet, or we're rushing in during every peep and murmur, or we're constantly going "alright, sleep, on the breast. Sleep, dummy in, sleep, rock", you know, that sort of thing. That's when they start to learn or come to understand like "oh I'm awake, right". The brain is just going to create this pattern that goes '1 + 1 equals', so it's going to look for what you've done a number of times before, in order to induce sleep then, instead of it just remaining there. So, they start to externally reference the idea of falling to sleep.

So, that's when we get caught up in these waking's and things like that. So, irrespective of teething and regressions and wherever you're at, little ones at four months they go through an absolute change in their sleep cycle. At four months, for example, they become very refined. So, instead of having these lengthy newborn cycles, they are essentially going 30 to 50 minutes during the daytime, and then 90 to two hours at night. It's like bang, bang, and they're becoming awake more in between each of these cycles, but that doesn't mean that they have to actually awaken to the point that you need to constantly play those roles. Because they can get into a deep sleep from the beginning of the nighttime and they will drift through rhythms of good sleep - and that's where the magic happens.

They don't have to wake up enough to get the dummy put back in, put back on the breast, be picked up and rocked - they'll be able to get into these really rhythmic sleep cycles and we've seen this through studies through SIDS. Babies who externally reference sleep for example with a dummy and some babies sleep beautifully with a dummy, so don't get me wrong, but I'm just using that as an example. Their sleep cycles are so much more disjointed because they have to wake to a much larger degree in order to get the prop back in, to then get back off to sleep. Whereas little ones who don't have those externals, they're much more likely getting into a deep sleep from the beginning of the night. It's almost like something is tapping them on their shoulder when they have to be aware that something is there, it needs to be there, is the breast being there, are they being moved, that sort of thing. It's just important to not get too caught up in the excuses around poor sleep or the ones that you might have been told.



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Tara: (cont...) Then what I would sort of say in terms of sleep requirements and understanding is that little ones, for example, they typically would need a little less sleep before they go down for their first nap of the day. So, for a newborn, so three months and under, you're really only looking between an hour and an hour and a half of awake time, all in all. For example, if you kind of go, "ok, they woke at 7:00AM, but they're due to go down at 8:00 or 8:15, but they spent 40 minutes of that half asleep on a feed", you might need to consider that they might need a little bit more awake time. Keep an eye on what's happening on their feeds. If they're really awake during their feeds, then for sure they might be absolutely ready to go down by an hour and 15 later, but I often find little ones need a little bit less awake time before the first nap and then is the day goes on they start to increase their awake time a little bit more before the second or third. Newborns can need between 4-5 naps a day, easily. So, they might sort of span it out to say an hour and a half before those later naps, maybe even an hour and 40, and then back to an hour and 15, sort of hour and a half max before bedtime. It kind of goes, less, then up, up, up, then less again. And in that time, you'd be getting them up, they can have some tummy time, then a feed and trying to focus on a good feed, then a cuddle and play, and then back down again. They really don't have too much time to do much else other than that.

I tend to find their first and second nap eventually will be the ones that remain, so you'll find that often your third and fourth naps will become shorter and shorter, so they're sort of your cat naps. Whereas naps number one and two would be the ones that you eventually want to get more than an hour, and you start to pull those out to become longer. So it's like a clip so the fifth nap drops off eventually, then the fourth nap, third nap, and then the two shuffle out. And you would be on two naps up until around 15 to 18 months of age.

Tiffany: Yeah, wow. Thank you so much. I think all the first time parents out there are really appreciating this in depth insight, because it is so daunting and it's hard to know what's going to happen, so having a bit of an idea before you bring your own little one home I think is just imperative.



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Tiffaney: (cont...) Another question I have, is in your view, Tara, when couples start their parenting journey what are some of the things that you feel are most important with regards to taking care of yourself and each other during this initial period? I think having a baby is such a massive adjustment and keeping all of those things in mind and knowing a little bit about your advice around that I'd really love to chat through that a bit more with you.

Tara: Yeah, absolutely. I feel so passionate around this, in particular as well. Obviously I see parents have gotten really to beyond their wits end and I don't just say this because I am a sleep specialist but I say this from I guess a very sincere point of view, that sleep is sincerely a game changer in terms of the outcomes of relationships within the home and also just mental health and the babies temperament and their coping ability and their feeding.

A lot of my clients would say that their little ones have got reflux or feeding issues, but often it's once we get on top of sleep, we just see things iron out. It's pretty remarkable. I would say it first of all, make that a priority and don't feel that there is a badge. There is absolutely not, if anything most of the parents I work who have waited until their little ones are much older, it's become quite an angst time and it's almost like an anxiety develops around bedtime when they've had poor sleep habits for so long. There's so much pressure and emotion attached to that, and so I would just say remember first and foremost there is the thought that you're not going to get the badge at the end of that sleep deprivation period.

The next thing I would say is don't over schedule. So, we are just so inclined these days to be pressured to think, they have to be doing sensory classes, they have to be doing baby gym, they have to be doing baby massage, to be doing things like this or that. Those things are really great if you want to schedule them in for your own sake as well. So, going to baby massage, it might be that there's a group of people around and parents and it's a nice opportunity, but don't feel like you've got a schedule a week in of swimming, this, or that every day, because I tend to find that less is more, without a doubt. You don't need, for example, to buy every gimmick in the market in terms of all the sleep things and the stars on the roof and all of that sort of stuff, we want to simplify this early part. Just simply allow that time for your little ones to roll around and to start to get that strength up and to lay there and look around and watch you and engage with you and that's their entire world.



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Tara: (cont...) And that is what they need at that point, but also it can be quite a pressure and quite stressful for us to try and be at certain places at certain times, because you have to feed here and feed there, and that sort of thing. So, I would just say don't over schedule.

I would definitely recommend where you can, just trying to remove things like don't worry about getting the house you know done and dusted before the little one goes down so it's all nice - I guess try not to sweat the small stuff for a while. It can be difficult, especially if we're people who have always had things a certain way, you kind of have to let that go to a degree initially, and go, "you know what? Let's get baby off to bed. Let's wait until my partner gets home and then we'll tackle it together", you know? Not everything has to be signed, sealed and delivered by 5:00 o'clock in the afternoon, so keeping that in mind as well.

I would say create touch points for you and your partner. That might be just that on Friday night, we get Uber Eats, or on Friday night we have a platter, you know with cheese and whatever else, and you will not feel like that at times, but you'll never regret it when you do it. I do think that what I see as an absolute loss of relationship, especially amongst sleep deprivation and the best way that I can put this is that whilst we always put our babies first, we have to remember that connection is eventually the cradle that holds the baby, and eventually the roof that becomes their head. So, if you imagine joining our two hands together in that partnership. Of course, whether or not that is singular, or with a partner.

If it is singular, again taking those opportunities to be able to have a touchpoint. I just walk with my friends on a Friday morning, or I invite my girlfriends over on a Saturday night, for example, if you are solo parenting. Just having these points for ourselves during the week are going to be really important to keep that connection, and I can really resonate with this because I felt like I was so busy and I had the business at some point as well, and I couldn't be bothered, but I really regret not having that connection. I feel like I very much missed it as I went along.



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Tara: (cont...) Just allowing either yourself or if you're in a partnership to have those things that might make them feel who they are. For example, if you used to play netball on a Tuesday, trying to get back into that. Or if you used to do an RPM class on a Friday morning, or if your partner likes to go play basketball in the week, or anything like that, those sorts of things that remind ourselves of who we used to be are actually really important for our soul during this time. It allows one another to come back and be better in terms of just being a better space and that sort of things.

Certain gestures that might help like making big meals so you can freeze them and also just you know leaning on the help that you might have around. It might even be just for some company. If you're not good at asking for help that's fine, but just having somebody over to spend some time with you can be really important too. And I think parents recognising that this is the greatest shift essentially. It is the one that effects financials, in terms of drop of your wage, it affects our social life, it affects our mental health, it effects our sleep, our eating - every element about life and so we need to recognise that there's going to be a shift within who we are for a little while, and who our partner might be.

I think one of the biggest things that I see, and this is a very big generalisation is that, as the mums particularly, we get very good at saying, "oh, I'll just do it" or, "no, no, no, I do it the right way" or that sort of thing and we tend to takeover or just quickly do it ourselves because it's easier, and we know how to do it the right way, but that can also lead to a loss in confidence in our partners too or can cause them to take a big step back. I would always love my new parents to recognise that and go you know what, they will always find their own way of doing things as well or they'll become better at doing it with that confidence and with that space to do so. So, allow that partnership to come into play, and just have empathy towards one another and know that it does settle, and you know the newborn period is very short. It's very intense, but it's very short and it will be okay.

Tiffany: Yeah. I think this is often forgotten and not considered enough in the big scheme of things, so thank you for shedding some light on this today.

Tara: Yeah.



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Tiffany: Before we finish up, what are some of your most asked questions that you get from first-time parents? Having a few answered right now might be really helpful out there to all those people listening.

Tara: For sure. The four-month sleep regression is huge - that's what I get asked the most. That essentially is when your little ones come between three to four months of age normally and they actually start to work a lot more overnight or they start to cat nap, but the primarily do that when they've become very aware or very reliant on something external to put them to sleep. So, what actually happens, I like to call it like a 'four-month milestone', because it doesn't have to be a regression if your little one has the ability to go down and understand how to fall asleep and you know, get into deep sleep cycles.

As I mentioned briefly before, is that their sleep cycles become very defined, so instead of drifting between these really non-existent sort of lengthy sleep patterns, they become quite defined and quite short and so if your little one is already on light sleep, instead of drifting between light and deep sleep, they're now drifting between light and awake, if they already have light sleep cycles or tend to be a baby who's quite reliant on you needing to do things in order to get them to sleep.

So, they drift into these awake periods more regularly, or these light periods I should say ideally, and they should just be able to get into the next rhythm, but if they need you in order to introduce sleep, because that's what you've always done, then that's when the four-month sleep regression hits. Not only are they becoming more defined, which doesn't need to mean poor sleep habits if they can get into good sleep and recognise what to do to get back to sleep, but what also happens is that at four-months they're waking up, they're aware now and are more used to patterns and more reliant on what something equals or what needs to come into play, and and I guess you can just say that they've developed more awareness and so it's kind of like the perfect storm if they don't have those deep sleep cycles and the ability to be able to recognise sleep independently.

Tiffany: Yeah.

Tara: So that's what that is, and that's where then obviously you get the significant cat napping or awaking lots in the second half of the night, or the waking every two hours.



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Tara: (cont...) Another question I get asked is, when should I think about getting on top of sleep habits? I would just sort of say that for the first three months, you're learning, they're learning, you're establishing feeding initially, and you can offer their space as we spoke about earlier you can put those top newborn tips into play. Then between three to four months onwards is when I'd start to really look at, "ok, is this something we can sustain? Is my little one getting the quality sleep they need?" And if that's a no, that's when I'd definitely be looking at starting to get them more effective sleep patterns, deeper sleep, that sort of thing. So, I'd go from there and do it from there.

We're in winter now so it's freezing!

Tiffaney: Yeah!

Tara: I know a lot of people who say, "how will I know if my baby is cold?" and what I would keep in mind that during winter, when we're thinking about room temperature, just to make sure that you are removing the chill. So, you just want to take the chill off. You don't really need to use heating to degrees of warming the room, you definitely want to use something, but more to take the chill off the room. If you think of it that way, and then of course you want to go with your onesies and sleepsuits and that sort of thing.

The way that you could tell, for example, they might have persistent waking in the early hours of the morning all of a sudden, coming into these colder months, or they might seem really restless through the night, unable to get into a deep sleep. Now these things can also obviously be poor sleep habits, but it could also be that they are cold. So, they might seem even more active than what you'd imagine. They might be struggling with weight gain, for example, because they have to burn energy to stay warmer. Basically, I would just check their torso. So, just making sure that their torso feels warm when you do go in to do a feed, or that sort of things.

Having sleeping bags that have a really quality fibers, made from ethical materials, that is always so important cause that way we're keeping our little ones warm and safe at the same time.

Tiffaney: Yeah, great.



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Tara: Yeah. I would just say probably the last thing is that your little ones are going to be light sleepers. I get this question a lot and that is because they spend more time in their active sleep, so their REM phase, whereas as adults, we spend less. Babies spend a lot more time in their active sleep cycles. But again, the things that can contribute to that light sleep might also be that they're always aware that something needs to be there, so if you're sort of trying to remove the breast, trying to lay them down if they are already asleep and things like that that, can obviously disturb their sleep cycles. Dummies, you know, you'll see some baby's that will be asleep but they're sucking on their dummies. It's kind of like you like, "oh, you're almost half awake", so that sort of thing can affect their ability, and coldness as well. So, those are the normal things that would possibly play into why they seem to be a light sleeper.

Tiffany: It's great to have some answers to those FAQs and thank you so much for your time today, Tara, and your wonderful and oh so helpful knowledge. What you share with us today has being really insightful. I'm sure everyone listening today got so much out of this episode so thank you again.

Tara: Oh, thank you, Tiffany. Yeah, it's been a great chat, thanks for having me.

Tiffany: Well if you'd like to learn more about baby and toddler sleep, please head over to www.gentlesleep.com.au, they have so many amazing online resources available. You can also find them on Instagram [@thegentlesleepspecialist](https://www.instagram.com/thegentlesleepspecialist). Be well, and hope you have all a good night sleep tonight and after listening to this episode today, I'm sure everyone will sleep a little better. Thank you so much. Have a great day everyone.