



SLEEPBOUND
CERTIFIED CHILD SLEEP CONSULTING

Your Guide to the

Best Bio Nap Times

that will get your child
sleeping better

(and you too!)





The Guide to the Most Restorative Nap and Bedtimes

Does any of this sound familiar? Your child takes naps but wakes up cranky and frequently has night wakings. Does it seem like nothing will ever change this and that you'll never sleep again? I have totally been there! It is frustrating and exhausting. This can change. All children are capable of being good sleepers, they might just need some help getting there! In this case, chances are that their naps and bedtime are not happening at the most biologically restorative times. This guide will help you get your child onto a restorative sleep schedule that works with their natural rhythms, and get everyone on the path to better sleep!

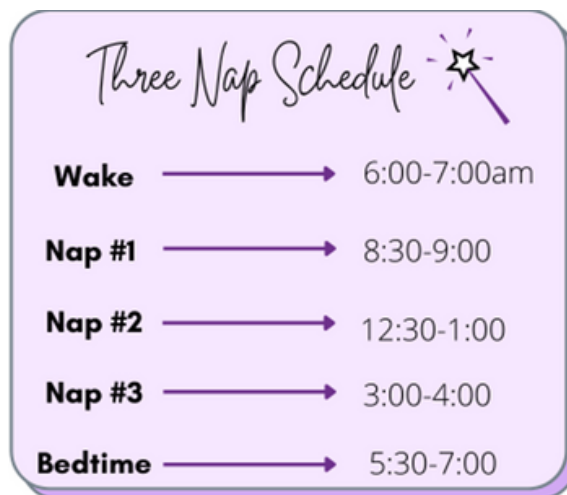


What is “junk sleep”?

Not all sleep is created equal! Dr. Marc Weissbluth coined the term “junk sleep” to describe sleep that does not happen within these restorative times. A great way to think of it is to compare sleep to junk food; yes, you're eating, but it is not good for you and will not sustain you. The same with junk sleep! Yes, your child is sleeping, but the sleep they're getting is not restorative, and therefore leaves them overtired.



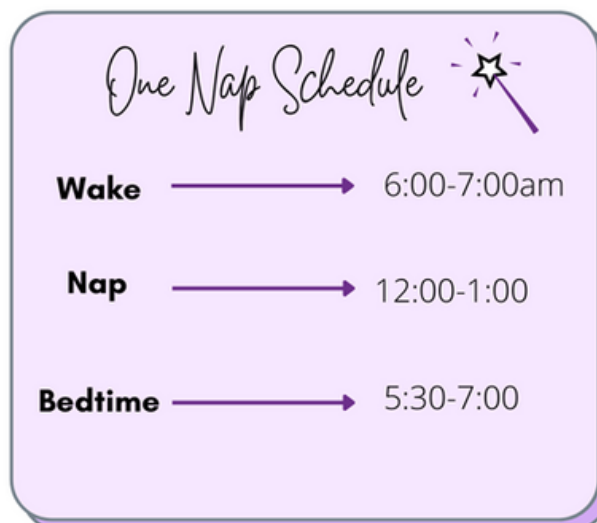
What are the most biologically restorative sleep times?



 begins between 4-5 months



 begins between 8-9 months



 begins between 16-18 months

I know you probably have questions! I'll try to answer the most common ones.

Why so much variance between start times?

Nap times should remain flexible based on the length of other naps, how their night sleep was, and their sleepy cues.

Should I use Wake Windows?

Wake windows are useful for looking at general start times, but to get your child down before they're overtired, we want to look for sleepy cues to ensure this.

What are some sleepy cues I should be looking for?



My baby goes to sleep and wakes up after 30 mins! Help!

It seems as though your little one went down to sleep overtired and they're not able to join their sleep cycles. Try to leave them to see if they can get themselves back down for nap. If they can't their next nap should be on the early side of the times provided.

What does a “good” nap look like?



Whoooooa, Becky! Those bedtimes are EARLY. Won't my child wake super early?

This is a common fear! Don't worry. Those early bedtimes are KEY for erasing sleep debt, and do not mean early wakes. Keep bedtimes flexible depending on the length and quality of naps. Don't forget those sleepy cues!

We have an appointment during first nap. Is that ok?

Not everyday can be perfect! Just do your best. They may nap in the car, which is ok. Car naps are not restorative, so they will need an earlier next nap or bedtime. Be gentle on yourself if the schedule gets a bit wonky for a day or two! A child who has a solid sleep foundation will be able to bounce back with consistency.

Ahhhh! My child is still not sleeping well! Could they be the first child ever to not need sleep?

NO! Every child is able to be a good sleeper. If their schedule is where it should be, then it might be time to look a bit deeper. We can look at the environment, how they're getting to sleep, sleep associations.

If you feel like you've tried everything and need help, I'm here! Let's get you all:

Sleepbound ✨