

Sleeping For Two: Mommy And Baby Sleeping Guide

AN EXCLUSIVE AND INFORMATIVE GUIDE ON
BETTER SLEEPING FOR MOMS AND
THEIR LITTLE ONES



By Sarah J. Taylor

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Better Sleeping For Moms And
Their Little Ones***

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Chapter 1: Sleeping Basics

Once a baby comes into the picture, you can kiss your regular sleep schedule goodbye! When you have a baby, you're faced with two challenges: getting your baby to sleep peacefully through the night and getting a good night's sleep yourself. Whether you're at your wit's end trying to get your baby to sleep or you need to find ways to get some sleep yourself, *Sleeping For Two: Mommy And Baby Sleeping Guide* is filled to the brim with information that will help you overcome the sleeping hurdles you'll face when you have a newborn. But first, let's go over the basics of sleep to get a better understanding of how our bodies go through the sleep cycle.

The Stages of Sleep

Despite our need to sleep, our bodies never go to rest. In fact, during sleep, our bodies work even harder to recover from the day. (Once you have a baby, you'll definitely notice how much your body needs sleep!) Even though there's no concrete study on sleep and why we need it, it's obvious that our bodies need sleep to function properly throughout the day. Sleep is one of the biggest source of fuel for your body, and it's not just about shutting your eyes and drifting off to dreamland. You actually go through several stages of sleep during the night, and your brain controls your sleep and the sleeping stages you go through.

Here are the sleeping stages explained in simple terms:

First Stage: The Wake and Sleep Border

The time that you shut your eyes and start to drift off to sleep is the realm between wake and sleep. It's the shortest sleep stage, lasting about 15 minutes, but it's also the most riskiest part of the sleep cycle. Since you're on the border between wake and sleep, the slightest distraction can get you roused up again and keep you awake. Then, you have to go through the first stage of sleep again when you finally start to relax and go back to the border between wake and slumber. There's another part of the wake-sleep stage, too, that you may be familiar with. Have you ever experienced the sensation that you were falling into a dark hole and you suddenly wake up? Known as the hypnic jerk, this twitch in your sleep happens often during the wake-sleep stage.

Second Stage: Light Sleep

You're sound asleep during the second sleep stage, but you're not in deep sleep yet. The second stage is also the longest period of your slumber. The electrical activity going through your brain and body starts to change to a more sleep-friendly rhythm, so you'll fall into a deeper sleep and get away from the wake-sleep border. Your heart rate begins to decrease, and your eyes stop moving under your lids as well. Basically, in the second stage, you're getting closer to deep sleep and the body relaxes more.

During the second sleep stage, your brain sorts through all the information and memories of your day and removes the 'facts and figures' you've acquired, storing them away in different parts of your brain. (This is a great bit of information to keep since it'll help when your child gets to his or her teenage years and adulthood where he or she will be studying and learning

a lot!) In theory, scientists believe that the more you learn during your day, the more spindles – electrical bursts during the second stage of sleep – you create and the more likely you'll remember the information you acquired the next day.

Third Stage: Finally – Deep Sleep

The third sleep stage is self-explanatory – you're in deep sleep, and you've finally removed yourself from light sleep. You also become less attuned to your surroundings, so it'll make it harder for you to wake up. When you do wake up from your deep slumber, though, it may take some time to wake up completely. If you've ever felt groggy after waking up, you may have disrupted your deep sleep stage. Other conditions that happen during deep sleep, especially toward the end, are sleepwalking and bed-wetting.

Another part of deep sleep is that it helps the human body grow. During this stage, the pituitary gland in your brain releases the growth hormone more often; significant growth occurs while you're in this stage.

Stage 4: Entering Dreamland with REM

REM, or rapid eye movement, is the sleep stage where you near the wake-sleep stage and are on the verge of waking up. This is also where all your dreams occur, and your body becomes more active. Your breathing increases, and your eyes start to move around under your lids. Even though there's more activity in the body, your muscles are still relaxed and you continue to sleep. Stage 4 is also the point where your body is slowly transitioning out of sleep and going back to Stage 1.

The Sleep Sequence

Even though there are four stages of sleep, they don't go in order – at least, not completely. Here's the sequence of the stages of sleep:

Stage 1 → Stage 2 → Stage 3 → Stage 2 → Stage 4/REM

This sequence is the entire sleep cycle. For an adult, the sleep cycle occurs several times a night and lasts for 1.5 hours; at least two sleep cycles should be completed each night to get adequate sleep and have the body function properly. For the average person, roughly 7-8 hours of sleep every night is the best number of hours to ensure that you get enough rest for the next day. However, as a new parent, you may not be getting the recommended number of sleep hours each night. Don't worry – we've got you covered in the next chapters in this e-book! In Chapter 2, you'll learn the basics for sleep when it comes to your little one as well as effective tips, tricks, and more to get your baby to sleep through the night.

Chapter 2: Your Baby's Sleep

Getting enough zzz's is essential for your baby's growth and development. But sleep is different for your baby compared with your sleeping needs. Just like it takes time for babies to learn how to walk and talk, it takes time to develop a routine sleeping pattern. In this chapter, you'll learn all you need to know about sleeping for newborns and how to help your little one get enough sleep each day.

The Basics of Sleep for Babies

Babies start to sleep when they're in the womb, from Week 20-28. Unborn babes go through the four stages of sleep and REM outlined earlier in Chapter 1. But they go through REM much more than adults do. To be exact, adults go through the REM stage 25 percent of the time while unborn babies go through it 90 percent of the time – already, babies have much different sleeping patterns compared with adults.

To develop the average sleeping routine of 7-8 hours of sleep each night, babies start with 15-18 hours of sleep each day during the first 3-5 months of life. Although it's more than half a 24-hour day, those 15-18 hours are spread out, hence the many naps that babies take during the day. These daytime naps last for about two hours; in the evenings, longer periods of slumber will occur, about 3-6 hours per night. For a newborn, though, he or she will wake up more often for feedings. However, sleeping patterns do vary among babies, so you'd have to keep an eye on your baby's sleep routine. Though there are average time estimates, there is no normal or

regular sleeping routine. If you think that your baby's sleeping pattern is abnormal, consult your healthcare provider.

Here's a simple chart of the average sleep time for babies at different ages:

<u>Average Sleep Time – Baby Age Guide</u>		
<i>Age</i>	<i>Sleeping Hours (Day)</i>	<i>Sleeping Hours (Night)</i>
1-4 weeks	8	8
1 month – 3 months	5-7	8-9
3 mo. – 6 mo.	4-5	9-10
6 mo. – 12 mo.	2-4	10-11

As you can see from the chart, the older your baby gets, the longer the slumber. However, keep in mind that these hours are broken up throughout the day and night. Your baby most likely will not sleep eight hours straight through the evening in the first several months.

Basic Baby Sleep Facts You Need to Know

Along with the basic information you learned about sleep for babies in the previous section, there are other baby slumber facts that you should be aware of, which are listed below:

1. Your baby takes longer to go into deep sleep. Unlike adults, infants take at least 20 minutes to enter deep sleep. Since your baby takes longer to get into deep sleep than you do, it's important to stay with your child until

he or she is fully asleep before you move him or her to another sleeping area. Speaking of deep sleep, it's common for babies to be active and even noisy during the deep sleep phase.

2. Your newborn baby will have a unique breathing cycle. Known as periodic breathing, this breathing cycle goes from fast and deep to slow and shallow. In some cases, your baby's breathing may stop for about five seconds or longer and start up again with deep breaths. Not only is your baby's sleeping pattern in developing, but a regular and normal breathing pattern is developing as well.

3. Babies don't need a quiet and peaceful environment to sleep. Since babies aren't completely aware of their environments yet, an ambulance's siren can go off right next to your home without your baby waking up. However, it's still good practice to help your baby fall asleep in an environment that encourages relaxation. For instance, having a repetitive background noise or a relaxing CD in the background playing softly can become a sleep cue or a sleep aid for your baby.

4. Love and affection helps improve your baby's slumber. Taking 15 minutes to hold your baby, make eye contact with him or her, and snuggling him or her before bed time will help soothe your baby and help him or her to sleep. The relaxing and loving energy that you give off will transmit to your child and help him or her fall asleep better later on. It's best to do this process an hour or two before your baby sleeps.

5. Babies have a set of I-want-to-sleep signs that you need to recognize. Sure, your baby is a soft, adorable, helpless little bundle of joy, but it doesn't mean that he or she doesn't know how to communicate with you. When your baby is tired and wants to sleep, he or she will send out signals to you. Several common signs include:

- Crankiness;
- Eyelids drooping;
- Yawning;
- Wanting to nurse;
- Weak sucking motion while nursing;
- Less movement;
- Avoiding interaction and turning away from you or others;
- Glazed-over eye expression;
- Rubs eyes.

Each baby has his or her own unique set of sleeping cues, so get to know your child and define the sleeping cues that he or she has; this will help you know when it's time for your baby to hit the hay. Just because your baby is tired doesn't mean that he or she will go to sleep, so that's where you come in and help. That's why it's critical for you to recognize sleeping cues. If you miss the opportunity to put your baby to sleep, that can affect your baby's health and sleeping pattern.

6. Keeping your baby awake more so that he or she will sleep more at night is not a good idea. Some parents may think that keeping their babies awake throughout the day so that they sleep all night long is

beneficial, but it's the exact opposite. This method only causes infants to become overly tired and more fussy, which results in more sleeping difficulties.

7. Babies need to be taught that nighttime is for sleeping. As an adult, you are doing no diet most people sleep at night and wake up during the day. You developed this internal clock over the time you were a baby to the time you were a toddler. Babies don't have that awareness yet, so they need to be taught that daytime is when they are awake and nighttime is when they go to sleep.

What You Need to Know about Sleep Associations

Another major baby sleep fact you need to be aware of are sleep associations. Sleep associations are one of the most common topics when it comes to baby sleep. In the first few months, babies are programmed to recognize familiar signs that it's sleep time for them. A common sleep association is rocking; your baby will know that whenever you rock him or her, it's time to sleep. To make it more understandable, let's refer to another association that isn't directly related to sleeping: breastfeeding. When you pull up your shirt and remove your breasts from your bra, your baby understands that it's feeding time. He or she may even react excitedly because he or she knows that you're about to breastfeed.

Sleep associations aren't limited to babies, though. Even for adults, they have sleep associations as well. A few examples of sleep associations for adults include reading, light music, complete darkness, a smell in sleep aid such as a pillow, etc. The difference with sleep associations between adults

and babies is that adults know how to break out of that sleep association independently. Babies, however, don't understand how to sleep without their sleep association; they'll only become fussy and resort to crying a lot when they're tired and don't have their comforting sleep aid. They become dependent on the sleep association, which can cause some trouble for parents and develop bad sleeping habits.

Several signs of sleep association dependency include:

- Waking up and crying after being put down sleeping area;
- Waking up frequently;
- Naps lasts for 30 minutes;
- Cries when put down to sleep;
- Waking up with a start;
- Becomes clingy to you.

These responses from babies show that they become frightened when they don't have their sleep aid. Even if infants are super sleepy, they won't fall asleep until they have their sleep aid. In many cases, this can cause irregular sleep problems with the parents as low as they baby, and it can affect your child when they become a toddler. Many parents worry about these sleep associations because it's not healthy for children to be so dependent on the parents in order to sleep properly.

A solution for this common concern among parents is the method known as the Cry It Out technique appeared. The Cry It Out method was founded by pediatrician Richard Ferber. Basically, this method requires you to just let

your baby cry and fuss as much as he or she wants until he or she learns to sleep independently. Since sleep associations have a risky side where the baby may become dependent on them for longer periods of time, the Cry It Out method is supposed to combat that and allow the baby to sleep on his or her own. The short-term crying and fussiness would supposedly soon pass and let the infant drift to dreamland without sleep associations or the parents' aid. (You can say that the Cry It Out technique is a nip-it-in-the-bud type.)

Although the Cry It Out method has its advantages, many parents struggle with accepting it as a proper technique to wean a baby off sleep aids. However, if you would like to try the method out, here are the basic steps to do so:

Note: Please attempt this method when your infant is ready – both physically and emotionally. The recommended age group is 4-6 months, but please talk to your pediatrician for more information. Every baby is different after all.

Step 1: Place your baby in the crib or other designated sleeping area while he or she is awake. Make sure to give your baby a pat on the back and a kiss before setting him or her in the sleeping area.

Step 2: Leave the room immediately. If your baby starts crying, let the crying continued for approximately five minutes.

Step 3: If the crying continues, go back to your baby for 1-2 minutes to pat him or her on the back and anything else that will help reassure him or her that you're still there. **Avoid picking up your baby.** If you are overwhelmed with feelings and desires to comfort your baby, get your spouse to do this step.

Step 4: Leave the room for a longer period of time, and repeat Step 3. Then, repeat this step and stay out of the room for a longer period of time. Continue to repeat steps 3 and 4 until your baby falls asleep. If your baby wakes up again but needs more sleep, you can repeat the steps.

Within one week, your baby should be able to sleep on his or her own without your help. Each day that you try this method, increase the time intervals during Step 2. Here's a simple example chart to help you understand how you can implement the Cry It Out Method over the week:

<u>Days</u>	<u>1st Time</u>	<u>2nd Time</u>	<u>3rd Time</u>	<u>4th Time</u>	<u>5th Time</u>
Day 1	3 min.	6 min.	10 min.	15 min.	18 min.
Day 2	5 min.	10 min.	15 min.	20 min.	25 min.
Day 3	8 min.	15 min.	21 min.	28 min.	32 min.
Day 4	12 min.	22 min.	30 min.	35 min.	
Day 5	15 min.	20 min.	25 min.	30 min.	

However, if there's no improvement, wait a few more weeks before attempting the Cry It Out method again. If it's too taxing on you emotionally

and if your baby cries too hard or too painfully, stop altogether and try this technique again a few weeks later or talk to your doctor.

The Cry It Out method is surrounded by controversial opinions. Some argue that Ferber, not being an expert in psychology, has created a method that doesn't address the possible psychological damage that the baby may suffer from, such as lack of security and safety. However, according to BabyCenter.com, Ferber states the following:

"A young child cannot yet understand what is best for him, and he may cry if he does not get what he wants," Ferber writes. "If he wanted to play with a sharp knife, you would not give it to him no matter how hard he cried, and you would not feel guilty or worry about psychological consequences. Poor sleep patterns are also harmful for your child and it is your job to correct them."

It's really up to you (and your doctor, too, if necessary) if you want to try out the Cry It Out technique. The Cry It Out way may not be for everyone, so don't force yourself if you're not comfortable with it.

Please note that we're not encouraging you to try the Cry It Out method. It is up to the parents of the child to decide if it's a good sleeping tactic or not. Please remember that it may cause your baby to feel unsafe, insecure, and other negative emotions, so be extremely careful when you're trying the Cry It Out technique and consult with a specialist before attempting it. We mention it in this e-book to provide you with information only.

Extra Tips for the Cry It Out Method

Although basic steps of the Cry It Out method has been provided, there are also ways to make the entire experience smoother and easier to go through. Think of these tips as supporting techniques of the main one:

1. Use a timer to keep track of the time you leave and come back to your baby. To ensure that you're doing the Cry It Out method effectively, a timer will help you keep track of how long you leave and stay with your baby. Use a timer that isn't loud or has an obnoxious sound because that can disturb your baby in shock him or her, making it more difficult sleep. You can use an alarm on your smartphone and just turn down the ringer volume or set a softer sound for the alarm.

2. Make sure that the surrounding environment is safe for your baby while he or she is trying to sleep. Sometimes, when your baby cries, it's due to some type of discomfort that's caused by his or her surrounding environment. Before you put your baby to sleep, check the area to make sure that it's safe. No matter if you're dead tired and ready to pass out, **you must examine the area around your baby's sleeping place.** Not only will this help you feel better about leaving your baby alone to sleep, but it will also prevent you from becoming another one of those too common horror stories of babies getting hurt due to harmful environments.

3. Prepare yourself before attempting the Cry It Out method. With your partner, figure out how you both will handle the process. The Cry It Out method isn't for the faint of heart, so it's important to prepare yourself by creating a plan on how to execute this method. But it's also vital that you

prepare yourself emotionally because this technique can be considered as extreme. You should also take the time to figure out how you and your partner will support each other through this process since it's can stir up the Mommy Guilt in you.

4. Go slow. If this method is too harsh for you, you can go added at a slower pace. You don't have to jump right in and leave the room for 10 minutes on first try. You also don't have to get this right, so to speak, in the first week (even though the method doesn't work within the first week if you follow the steps). Instead of a week, you can go with two weeks and adjust the time intervals at your pace. You should also consider your family's lifestyle and adjust your personal Cry It Out plan accordingly.

5. Remind yourself that crying is not the goal. The Cry It Out method does involve crying, but it's not the goal. Many parents focus on how excruciating it is to listen to their babies cry or even think about their babies crying. They end up losing the main focus of the Cry It Out technique, which is to get their babies to sleep by themselves and sleep more soundly while they get better sleep, too. If you remind yourself of the real main goal here, you may feel better about trying out the Cry It Out process.

Bottom Line: Listen to your instinct. You are programmed are ready with a mommy instinct, so use it. You may have heard this method worked for a close friend of yours or a family member, but it doesn't mean it's going to work for you and your child. Also, if your baby is crying so hard that he or she is in pain, vomits, etc., stop immediately. You don't want to carry that guilt with you nor do you want your baby to harm himself or herself. Don't

worry – other methods are out there, and you'll learn a ton of them in this chapter.

Other Baby Sleeping Pattern Factors: Personality

Besides a body, your baby is born with a core personality as well. Did you know that the personality your baby was born with affects how he or she sleeps? Well, it does! Studies have shown that personality does play a part in how an infant sleeps. Once upon a time, many people, including sleep experts and scientists, believed that babies are born with a blank slate. But modern science has shown that genes play a huge part in a baby's personality from birth.

You may think that your baby's hollering once he or she wakes up or quietness when he or she is lying next to you while you fold laundry are just simple baby habits and motions. But they're more than that. These are signs of your baby's core personality, and it's part of your baby's sleep equation. Four main personality types exist, and one of them is your little tyke's, so explore the following personality types below to find it. You'll also learn the best strategies to handle your baby's personality and how to use it to make sleep better for him or her:

Active and Energetic Baby

Kicking, thrashing around, and making all sorts of noises – this best describes the active and energetic baby. If your baby has this personality type, then you've got yourself a handful. In most cases, babies with this personality sleep soundly since they expend tons of energy during the day; however, they do have trouble *staying* asleep. Most active and energetic

babies wake up with a start and begin to cry out for attention. You can expect short naps during the day as well.

So, what's a mommy to do when she has an active and energetic monkey, baby on her hands? Here are a few effective ways for parents, who have the active and energetic baby, to get their little ball of energy to sleep longer and more peacefully:

- **Talk to your baby more before he or she sleeps.** Most parents rely on actions to get their babies to sleep, but for active and energetic babies verbal communication works well. Since your baby is always moving and developing his or her motor skills, language skills take a seat on the back burner. That's why being a verbal with your tot will be beneficial for him or her. While you're rocking your baby to sleep or when you're putting your baby to sleep in another way, soothe him or her with soft, sweet talk. This will be a signal to your baby that it's time to sleep.
- **Try the swaddling technique.** Swaddling is where you wrap your baby tightly in a blanket or special swaddling blanket to make him or her feel safe and secure. The theory behind the technique is that babies feel like they're back in the womb, a comfort for all newborns. However, swaddling needs to be handled with caution. One of the possible negative side effects to swaddling is overheating. The snug feeling from the blanket is what may cause overheating, so make sure the room you place your baby and isn't too hot. You should also keep an eye on your baby for signs of overheating, such as redness. Swaddling works for active babies because it helps calm them down

and promotes mature sleep, which helps your baby sleep longer during the night. However, some active babies make it angry and frustrated if you swaddle them because they can move around like they want to, so don't force swaddling it is all right for you and your baby. Talk to your pediatrician before attempting swaddling.

- *Extra: How to Swaddle Your Baby* – Here are the simple steps to swaddle your baby:
 - Step 1: Fold the blanket into a triangle shape, and place it on a flat surface. Lay your baby face up on the folded blanket. His or her head should be outside the blanket.
 - Step 2: Bring one side of the blanket over your baby's body, and tuck the blanket underneath him or her. Make sure that the blanket doesn't scrunch up when you tuck it underneath your baby.
 - Step 3: Take the bottom part of the blanket and fold it over your baby's feet, leaving enough room for movement. Don't make the blanket too tight because it can cause overheating or hinder your baby's physical growth and development over time.
 - Step 4: Hold your baby in place by placing your hand on the side that has already been folded. Then, take the other side of the blanket and wrap it over your baby's body. Tuck it underneath your baby. *Make sure that you always put your baby on his or her back whenever you lay him or her down.*
- **Use calming techniques.** Calming techniques such as listening to repetitive music or light background noises and light rocking will help relax your hyperactive baby and get him or her to sleep more

soundly. Since your baby is always active and energetic, you may have to use calming techniques more often to create a successful sleeping routine for your little one.

Cool and Calm Baby

If you have a cool and calm baby, you're a lucky mom! The cool and calm baby barely need any assistance when it comes to sleeping. He or she may even be able to sleep through the night without any fuss. However, the cool and calm baby can change to a fussy, nonstop crying baby if there is a drastic change to his or her environment. For instance, if you plan to move to a new home while your baby is still a few months old, that can cause a change your baby's sleeping pattern. If your mellow baby starts to fuss at bedtime, there can be another cause to that beside a change in the environment. Make sure that you check that the sleeping area is safe, that your baby has been fed, and that his or her diaper has been changed. You may also have to rock your baby to sleep or use another calming technique to get your baby back to his or her original mellow state.

The Baby with Sensitive Senses

When most women get pregnant, not only do their hormones go crazy, but so do their senses. Many pregnant women are sensitive to the smells around and become sick due to the nauseating effects that aromas create. As a mom, you may have experienced this during your pregnancy. But this doesn't just occur to you – babies can be extra sensitive to the elements around them and become irritated more often.

Some babies don't always cry because they're hungry or they need their diapers changed. They don't always cry because they're tired or in pain. In some cases, babies cry because their senses are being burdened with the elements in their environment. Signs that tell you if your baby is hypersensitive include:

- Starts to cry each time you take him or her to a new scenery with a lot of environmental factors that may overload his or her senses, such as a playground;
- Tugs and pulls at his or her clothing or your clothing. He or she can also constantly tug at blankets, pillows, and other types of linen, clothing, etc.;
- Cries when being touched by you or other people;
- Has trouble calming down after some type of event that causes him or her to be very startled

As you can see, a hypersensitive baby may have trouble sleeping because of his or her sensory obstacles. But as a means that you can provide your little one with the right sleeping environment for more peaceful slumber. Here are tips and tricks that you can apply to make sleeping better for your hypersensitive baby:

- **Beware of strong odors – both good and bad – around your baby.** If you need to do the laundry and need your baby with you, put him or her in a high chair or other safe baby sitting area. This will allow you to watch your baby while you do chores around the house that involve strong fragrances. You should also be careful of perfumes and colognes that you and your spouse wear. That strong

odor can irritate your baby when he or she is next to you. For some household products, you'll find them with a fragrance-free label, so opt for those items instead.

- **Don't choose clothing pieces that have tight collars, tight waistbands or other possible components that will irritate your baby.** Tags on clothing can also make your baby uncomfortable, so choose clothes that have tags made of a silk-like material. If you snip off the tags, it may become more irritating for your baby – the snipped edges from the part of the tag still attached to the clothing. Go with baby clothes that aren't too tight, and choose clothes that are made with high-quality material.
- **Turn down the volume.** From your TV to your smartphone, lower the volume for all sound-producing objects. High-volume items can startle your baby, making it harder to sleep. They can even cause hearing problems later on since your baby is still growing and developing. You can also purchase [a white noise CD](#) for babies to block out other noises.
- **Check the temperature.** Your baby may need the room to be a little cooler or warmer than usual, so turn up or lower the temperature in the room to help your baby sleep better. However, be extremely careful about changing the temperature too much. This can cause your baby get too cold or too hot.
- **Massage your baby to sleep.** We're not talking about a full body massage that you get at a professional spa. A simple, firm massage that won't hurt your baby can soothe him or her to sleep easily. Some hypersensitive babies can't stand light touching and stroking, so a firm back rub may help your tot fall asleep better. Also, skin-to-skin

contact during a baby massage may reduce the burden on your baby's senses. If you rub your baby's back with clothing on, the friction may irritate him or her and make sleep impossible. Here are a few ways to give your baby the ideal massage and assist him or her in sleeping:

- Baby Massage 1: Use a small amount of lotion, and massage your baby's thighs in a down motion with both hands. As one hand goes down, take the other hand and stroke it downwards. Repeat this pattern several times. You can also do this move in the opposite direction. Gently squeeze your baby's thighs as you go down with your hands. The thighs are a great place to start a baby massage since they are the less sensitive body parts. You can also do this massage routine with your baby's arms.
- Baby Massage 2: While your baby is resting on your chest, use both hands to massage in circles on your baby's back. Make sure to do this on either side of your baby spine instead of on the spinal cord.
- Baby Massage 3: Massage your baby's scalp as if you were washing his or her head. (Don't touch the top of your baby's head where the fontanel is located.) Work your way down to your baby's ears, and rub them gently but firmly between your thumb and index finger.
- **Change your baby's diapers often.** The material that the diaper is made from can irritate your baby's skin as well as the friction created

with the diaper and skin. You can either change your baby's diapers frequently, or you can use organic cloth baby diapers.

If your baby is still showing signs of hypersensitivity even after you've adjusted the environment, consult with your doctor to see if he or she has any other specific advice or plan that may help your baby.

Silent and Still Baby

The silent and still baby is the complete opposite of the active and energetic baby. While the active and energetic baby is all over the place, exploring every nook and cranny, the silent and still baby doesn't move around as much, even in sleep. Silent and still babies tend to sleep soundly to the point where their mommies have to wake them up for feedings and such. At first, you may think that your baby being quiet and less active is a benefit, but not moving around often don't have sufficient motor skills when they're older. However, they're more skilled in small, fine movements.

So, how can you give your quiet baby the best sleep? The tips below will help you give your little sleeping pro an even better snooze:

- **Set a routine.** Although sleeping routines should be established for all baby types, you can create one much earlier if your baby is a silent and still one. Silent and still babies are very resistant to sudden and big changes, so a routine is the best way to go. You'll learn more about how to set a great sleeping routine later in this chapter.
- **Get your baby moving.** Since silent and still babies don't move around too much, it'll be good for your baby to get him or her to be more active. Toys are fantastic tools to get your quiet tot to engage in

activity. The more energy your baby spends, the more sleep he or she will get.

- **Pay attention to your baby more.** Quiet babies have a higher risk of suffering from separation anxiety. Pay more attention to your baby to see if signs of separation anxiety appear. Although most babies may go through this period of separation anxiety no matter what personality type they have, the silent ones tend to have it much sooner than other babies. One common sign of separation anxiety is when your baby displays a stronger attachment to you, such as clinging onto you in crowded places. Even if your baby may be familiar with others i.e. family members, he or she can still feel anxiety about being separated from you. When you notice this happening, don't let others hold your child as it may make your baby's condition worse and make it harder to sleep later on.

That wraps up the section of how personality can affect your baby's sleep! But there's another factor that comes into play when it comes to your wee one's slumber time: your parenting style.

Other Baby Sleeping Pattern Factors: Your Personality and Parenting Style

You're an individual who has certain quirks in your personality that affects not only your behavior, but also your parenting style. When you and your baby have different personalities, it can be challenging for both of you to adjust. On top of that, you have your partner as well who has his own personality that may bump heads with the baby's personality. Or your spouse's personality may mesh better with the baby's than yours. But don't

let any complications due to personality and parenting style get you down. Just like how you and your spouse found ways to live with each other's quirks, you can do the same with your baby.

So, how does your personality and parenting style affect your baby's sleeping pattern? Let's take this scenario as an example: You're an outgoing, active person who has a darling little lamb who's the quiet type. She doesn't move around often, but you're always loud and bouncing off the walls, finding ways to have fun and entertain yourself. Right away, there's a personality barrier. You're used to being active, but your baby isn't. That's where you hit a roadblock. Because of your own personality and your own beliefs, you may think that your quiet child has emotional or psychological problems that prevent her from enjoying her surroundings and sleeping properly.

The way you think and the way you act can affect the way you handle situations involving your baby. They can also influence assumptions you make about your baby's personality and behavior. That's why it's important to know what type of person you are as well as the parenting style you have so that you can make beneficial decisions for your baby.

The Worrywart Parent and the Quiet Baby

It's normal for parents who worry about their little ones, but if you're a true worrywart and worry about every little detail, it can cause you to create more problems than necessary when helping your baby to sleep. If you have a quiet baby, your worrying may increase especially during sleep times. The quiet baby tends to sleep more peacefully and more often, but

you may worry that something is wrong with your child if he or she is too quiet during nap time. By worrying constantly and not trusting what you've learned from your doctor about sleep for your baby, that may encourage you to disturb your baby's sleep and mess up a perfectly normal sleeping pattern. So, what can you do to hold yourself back? Here are a few tips that you can use to help reduce the worrying and let your baby sleep:

- **Observe your baby all day, and keep a journal to write down any any strange behavior.** For this tip, don't over-analyze your baby's actions and constantly ask yourself what ifs. Just go about your day while observing your child and not anything that you think may be in normal or may be a signal for a deeper problem. If you notice a pattern of strange behavior, write it down your journal, and share it with your doctor to see why he or she says. By keeping a log of your baby's behavior, you may feel more at ease since you have a way to track your baby's actions.
- **Educate yourself.** Knowing what to expect when you have the baby and receiving advice and information from legitimate sources – not hearsay from coworkers, friends, and family – you will have a better understanding of your baby's growth and development. You'll also be a better prepared for any emergency situation that jeopardizes your baby's health. Know what to expect and don't be in dark.
- **Invest in a baby monitor.** There are several types of baby monitors on the market, such as baby monitors that have alarms that go off when infants aren't breathing after 20 seconds. Another type of baby monitor is the [video baby monitor](#). This device allows you to watch your baby from a small screen that you can carry around in your home while doing chores. However, baby monitors that include alarms that

go off when breathing isn't detected is the most commonly used and most helpful tools for moms. Many moms check on their babies every few minutes to make sure that they're breathing. This type of baby monitor that detects regular breathing may be the wisest investment for you. It's also good to have a baby monitor that detects sound because you may not hear your baby crying from afar, or you may be too distracted with what you're doing to notice your baby crying on the screen on a video baby monitor.

Don't allow your worrywart side to come out often because it really does take away the experience of loving and caring for your bundle of joy.

The Rowdy Parent and the Adorably Calm and Quiet Baby

If you're the outgoing type and your baby is the silent type, you may become a worrywart parent. Since you're used to being outgoing and active, having a calm and quiet baby may seem different and even abnormal to you. You may think that something is wrong with your baby because he or she is too quiet, but it's actually the opposite – your baby's doing fine and is just being in his or her natural state.

Of course, this doesn't mean that you should and keep an eye on your little one. Continue to pay attention to your child. Notice any strange behavior that you may be concerned about and talk to your doctor about them.

Otherwise, let your baby grow and explore on his or her own and develop his or her sleeping routine. Also, it's important to note that, if your little tyke cries when being put to sleep, it doesn't mean that there's something wrong

with him or her. It could mean anything, such as separation anxiety, hunger, dirty diaper, tiredness, etc.

The Easygoing Parent and the Bouncing-Off-The-Walls Baby

If you tend to be on the quiet side of life and enjoy mellow activities while your baby is always making mystery baby noises and swinging limbs all over the place, this is a true opposite pair! As a mommy to a hyperactive baby, it can be stressful on you emotionally, mentally, and physically.

Your little one is a natural-born drama queen (or king), and this can cause you to develop the parent-on-demand habit. This habit is where you run to your baby every time he or she cries out; over time, your baby will associate him or her crying to you running to him or her and giving attention. Even when your baby becomes a toddler, you'll still be stuck in the same habit. Instead of staying as an easy-going parent, you'll become the worrywart parent. One wise word: Relax! Don't overthink everything your baby does. Yes, it's still vital that you continue to watch him or her for any abnormal behavior, but you don't always have to run and worry whenever your tornado of a baby cries. The cries can be about anything, from simple to complex reasons. Don't be controlled by your baby's whims when you're the easygoing parent.

Now that we've addressed the main personality types among parents, let's go to the parenting styles. Three general parenting styles exist, and they are:

- **Permissive** – Permissive parents are the most lenient ones out of the three. They allow their child much freedom to grow and to has he or she pleases.
- **Authoritative** – Authoritative parents are a mix between the permissive and authoritarian parents. There's enough freedom for their children to grow and express their individualities, but there are also boundaries that keep children on the right path, so to speak.
- **Authoritarian** – Control, control, control. That's the best way to define authoritarian parents. Also, their favorite phrase is “Because I said so.”

So, what do all these parenting styles have to do with their babies' sleep? A lot, in fact! Studies have shown that babies and children of authoritative parents end up with happier and healthier lives as they grow up as well as better sleeping habits. Since these parents are kind of but firm, babies and children understand that bedtime is bedtime and playtime is playtime. They develop their own independence over time.

With authoritarian parents, babies and children develop more anxiety that can cause them to stress more and have trouble sleeping. They'll also feel that they don't get enough attention from their parents and may end up with security and safety issues. With permissive parents, babies and children depend on their parents as sleep aids; they know that Mommy or Daddy will come save the day and put them to sleep rather than learning to sleep on their own. Both the authoritarian and permissive parents show and tell their babies and kids what to do rather than let them learn for themselves.

Authoritative parents tend to be the most successful in helping their children develop healthy sleeping habits.

Although these parenting styles aren't the only way out there, your parenting style can be tinkered with to help your baby sleep better throughout the day and night. It will also help him or her have healthier sleeping habits and routines when he or she gets older.

This doesn't mean that you have to change who you are just to get your baby to sleep. It just means that you can improve on some aspects of your parenting style to mesh better with your baby. Evaluate your personality and parenting style to see where you can improve on. This will ultimately help you and your entire family get better sleep.

FAQs Moms Ask About Their Babies' Sleep Cycle

With any topic that's unfamiliar, there's always a set of FAQs that comes with it. For this section, you'll learn the common questions that mothers have about the baby's sleep cycle. Not only will you be able to get any of your general questions answered, but you'll also learn more about baby sleeping through these FAQs.

FAQ #1: Does my baby always sleep on his or her back?

Yes, the American Academy of Pediatrics recommends that all newborns should be put on their backs whenever they are placed to lie down in a crib or elsewhere. Research has shown that putting your baby on his or her back reduces the risk of Sudden Infant Death Syndrome. Once your baby learns to roll over, he or she may start to toss and turn while sleeping.

During this time, parents can be a bit more lenient about letting their babies sleep on their stomach. But it's extremely important and emphasized that SIDS precautions should still be taken into consideration, which will be discussed later in this chapter.

FAQ #2: What do I do when my baby is sleepy but needs to be fed?

This is a bit of a paradoxical situation. The less you feed your baby, the sleepier or hungrier she will be. In the first 6-8 weeks after birth, your baby may be more sleepy, so you may think that your baby doesn't need to be fed; however, if you notice that your baby isn't having bowel movements or is losing weight too quickly, it means that he or she isn't getting enough breast milk or formula. The first couple of months after birth, your baby needs to be fed at least 10 times a day. Even if your baby is sleepy, wake him or her up gently and go into a feeding session. Don't let the cycle of less feeding and more sleeping develop.

FAQ #3: Should I stop nighttime feedings to help my baby sleep through the night?

Short answer: No. Long answer: It's never wise to let your baby go hungry just so he or she can sleep through the night. In fact, hunger will only wake your tot up, so don't stop nighttime feedings. Nighttime feedings are normal, and it's highly recommended that you nurse your baby before his or her bedtime. Babies tend to sleep more peacefully at night after a good feeding session.

This may help reduce the nighttime feeding sessions during the night so that you get some shut eye. Also, don't dismiss nighttime feedings or

consider them a burden to you, especially if you're breastfeeding. The more you breastfeed, the more milk supply you'll build up.

FAQ #4: When will my baby start sleeping through the night?

In general, a baby sleeping for five hours straight is sleeping through the night, and that usually occurs after 6-12 months. Keep in mind that all babies are different and may sleep for five hours straight earlier in their life.

Consult your pediatrician about any questions or concerns about your baby's sleep, though, as each baby is different and to ensure that your baby doesn't have any sleeping problems. Remind yourself that your baby doesn't have the same sleeping patterns you do. Adults are conditioned already to sleep through the night for at least six hours without any interruptions, but babies, especially during the first several months, will wake up a few times at night. Their sleep cycle is different from adults, so be sensitive to your baby's sleep needs.

FAQ #5: How do I know which methods to use to help my baby sleep?

Although you can get professional advice, it does come down to instinct and knowing your baby's personality and sleep patterns. That's why it's important to focus on your baby's needs instead of listening to the people around you. Even if your doctor is right about a method he or she suggests to you, try it out for yourself and see if it works for your baby.

It takes time to learn about your baby's preferences, and it may take more than one technique to help your baby fall asleep. Also, if you have more than one child, a method that worked for one baby may not work for your

other one. Make sure to have a bag of baby sleep tricks at your disposal for times like these.

Successful Sleeping Strategies for All Baby Ages

No matter how old your little one is, there are a variety of sleeping strategies that you can use to get him or her to sleep more soundly during the day or night. Whether you have a non-stop crier or a teething tot on your hands, you'll learn how to make sleeping a better experience for both you and your baby.

Age: From Birth to Six Months

The time your baby has entered the world to the time where he or she is several months old already are going to be hectic. While you learn the ropes of taking care of your baby, he or she will learn about the world around him or her as well as the routine of sleep. Imagine going to another country, not knowing a single thing about it – that's how your baby is reacting toward the new surroundings. Since your baby is new to the world, that means that he or she doesn't know a thing, and it's the best time to start setting healthy sleep routines for your little one.

The basic fact that you need to be aware of when helping your baby sleep while he or she is in the first six months is that your baby is going to wake up most of the time due to hunger. When your tot is hungry, he or she will wake up; if he or she isn't, he or she will go to sleep. This doesn't mean that you should feed your baby too much during a feeding session.

Remember that your baby's digestive tract is still developing, and the stomach isn't big as yours. You'll have to feed your baby every 2-4 hours;

whether you feed your baby formula or you breastfeed, these liquids digest quickly for babies, so the frequent feeding is necessary.

For some babies, after they've been fed before bedtime, they can sleep for 4-6 hours straight. This may worry moms since they think that they have to wake their baby up for a feeding. In some cases, yes, that would be necessary, especially if you haven't your little one often. But sometimes, your baby was fed a lot during the day and can sleep for hours. If you're concerned about your baby's sleeping patterns, talk to your doctor. *You should also be checking your infant's weight to see if he or she is getting enough food and gaining weight.*

Your baby hasn't been programmed to determine if it's sleep time yet, hence all the random nap times you may be experiencing. But the good news is that your tot's biological slumber clock is still developing, so this is the perfect time to help your baby realize the difference between daytime and nighttime sleeping. By around six weeks old, your baby will start to recognize that daytime is for staying up and doing more activities while nighttime is for sleeping. He or she will start to feel more tired at nighttime as well.

So, what can you do to help your baby recognize the difference between daytime and nighttime? Whenever you put your baby to sleep during the day, make sure that you have curtains to block out the sunlight in his or her nursery. If you don't put your baby to sleep in the nursery, block as much light out as you can. Over time, your child will realize that when it's dark, it's bedtime. The sooner you can implement this strategy, the better.

Once your baby reaches the 2-4 months mark, you may start to notice that he or she is starting to stay up for longer periods of time during the day. You can finally enjoy your sleep and stay in bed a little longer! This shows that your baby is starting to grasp the concept of staying awake during the day and sleeping through the night. By the time your baby reaches 4-6 months old, he or she should be sleeping in your routine and staying in dreamland for more than three hours. That is, if you successfully kept up with teaching your baby the difference between day and night and staying with a routine.

Now, to the good stuff: how you can set a sleeping routine for your baby when he or she is six months old or under. The following tips will help you program your baby to recognize the signs of sleep so that he or she can develop healthy sleeping habits later on:

- **Be active during the day.** Let your baby know that daytime means playtime, so get active around your baby and let him or her see all the hustle and bustle of your day. Your curious tot only observing you and his or her environment, so make sure that your letting light in. Play some music or watch a movie with your baby. During the day, just find ways to show your baby that it's daytime, not sleep time. Of course, this doesn't mean don't let your baby sleep. Your baby needs to sleep quite often to help him or her grow. When your baby seems tired, put him or her to sleep. Once he or she wakes up, continue going about your day and being active.

- **Wind down at night.** Once evening has arrived, start winding down. Turn off or lower the volume of any music or other noises going on, have more quiet time with your family still your baby realizes that nighttime means bedtime. Don't talk too much to your baby during this time, either. If you're feeding your baby or talking him or her to sleep, just stay quiet and let your baby feel the nighttime atmosphere.
- **Don't let your baby fall asleep with a sleep association.** This means that you shouldn't let your baby sleep while you're nursing him, rocking him or her to sleep or any other sleep association your little one may have. You don't want your baby to associate breast-feeding with falling asleep because that can cause sleeping difficulties later on. What you should do instead is let your baby *start to fall asleep* and get into that sleep mode while you're rocking, nursing or any other activity. Then, gently and quietly set your baby down in the crib or wherever else, and stay with him or her until he or she falls asleep officially. Soon enough, your baby will be able to sleep on his or her own without the sleep association.

Age: 6-12 Months Old

From birth to six months old, your baby has begun to follow a sleeping routine and setting his or her internal sleeping clock. Now, from 6-12 months old, your once tiny tot has grown and developed a sharper instinct for sleep. However, even if you haven't practiced a sleeping routine with your baby from birth to six months, don't sweat it. You can still reverse old sleeping habits, although it may take at least a few weeks to do so. Don't let yourself get down due to the time frame. The years that you have with

your child will go by in a flash, so take the time now to give your kid the best lessons of life, one being healthy sleeping habits.

From 6-12 months old, babies are starting on a solid food diet but still being fed breast or formula milk. During this time, you should start refining the bedtime routine, and your baby may be getting more zzz's through the night. How can you tell if your baby is ready to start sleeping more and having less nighttime interruptions? Here are a few signs that'll tell you just that:

- **Your baby can sleep on his or her own now.** If your baby isn't clinging onto you or a sleep association and sleeping on his or her own when you put him or her to sleep, your tot has matured and learned to sleep by him- or herself! Celebrate because this is a grand milestone, and you'll have less headaches from now on. During the day, though, make sure to spend a lot of quality time with your baby. If your baby can sleep on his or her own but tends to wake up suddenly, it could be that he or she wants your attention. Making more time to play, touch, snuggle, kiss, and all the other motherly things you do with your baby will help reduce the chances of him or her waking up in the middle of the night just for some alone time with Mommy.
- **Your baby is getting enough food during the day.** By four months old, most babies start to slow down in the growth and development department, so you may experience less nighttime feedings. The more often you feed your baby during the day, the fewer midnight snacks your baby will have. This doesn't mean to overload your

baby's stomach with solid foods and milk. Just make sure that he or she is getting most of his or her calories during the day.

- **Your baby doesn't have a sleeping problem.** Serious sleeping health conditions deal occur in infants, so if your baby doesn't have a serious sleeping problem, then he or she should be able to sleep through the night peacefully. Check with your pediatrician if you're concerned about your baby's health and if something may be affecting his or her sleep. If your child is suffering from a sleeping problem, there may be more needs during the night that you need your attention.

Once you've determined that your baby is ready to sleep more hours during the night, you can create a bedtime routine that fits your child's needs.

Since your baby is at the point where he or she can get into a routine, just like the saying "Strike while the iron's hot" implies, this is the best time to establish a routine. Here are a few pointers on doing that:

- **Determine a bedtime for your baby.** Most babies and young toddlers sleep between 7 p.m. to 9 p.m., so you can create a bedtime between those times; however, it's not necessary to do so. You can even talk to your doctor about an ideal bedtime for your baby. You can also set a bedtime based on the time that your tot usually sleeps. But don't try to tire out your baby until he or she is exhausted to get him or her to sleep at the bedtime you've set. Factor that may affect your baby's bedtime is your family's lifestyle, so take time to think about the ideal bedtime for your little one, and discuss it with your spouse as well.

- **Remember to wind down at least 30 minutes before bedtime every night.** Even if your baby hasn't had an over-stimulating day, it's still important to get into the wind-down routine to ingrain that nighttime is bedtime. Your baby is still getting used to the sleeping routine. That's why it's crucial for you to be consistent about differentiating daytime and nighttime until your child has gotten used to the difference. Set the mood for bedtime by playing soft music in the background, dimming the lights in the rooms, stopping or at least calming down all activities, etc. Also, make sure your baby is in comfortable clothing because this can be a factor that prevents your baby from getting a good night's sleep.
- **Reset the nighttime feeding clock.** If your baby is familiar with frequent nighttime feedings and you'd like to reduce the amount of times you have to get up in the middle of the night, reset your baby's internal nighttime feeding clock. Between the ages of 6-12 months, you'll be introducing solid food in your baby's diet, so he or she will get more feedings throughout the day and more calories. Your baby is eating more "heavy" foods during the day, so nighttime feedings may already be reducing.

However, if you notice that your baby is still waking up at least once during the night for a feeding despite getting enough calories during the day, there are ways to get your baby to sleep without feeding him or her. Realize that your baby is not *needing* a nighttime feeding; he or she is simply wanting one due to habit or other reasons. One method is to let your baby cry for 1-2 minutes before running to him or her. Your baby's sleep cycle is still settling down during the 6-12-month period; he or she may wake up randomly in the night, but fall

asleep again after a couple of minutes. If he or she doesn't fall back asleep, go tend to your baby.

- **Plan ahead.** Whether for naps or bedtimes, always have a specific, clear plan for your baby's sleep. This will help you stay on track with sleeping goals for your baby. Before planning, create a sleep log for a week or two. Observe your baby's sleeping habits, and come up with a plan based on your observations. Plan out nap times and bedtimes; however, make some room in your plan as well. You never know when your baby may be tired earlier than the time you set for his or her bedtime. Don't let your baby stay up if he or she is too tired just to meet a bedtime you set.
- **Consistency is key.** Don't let yourself slip on your baby's sleep routine. This is a vital part of growing up for infants; if you're not consistent, it won't stick, and it can create unhealthy sleeping habits for your child. Babies and young kids in general enjoy having routines. It makes them feel comfortable and secure at home, so be consistent with your bedtime routine with your baby.
- **Pay attention for any significant development in your baby.** During the ages between 6-12 months, your baby will most likely develop many skills. Even though it's great to see your baby develop and grow, these newfound skills can be a hindrance to his or her sleep. Crawling is one example of a common skill that can disturb your infant's sleep.

Your growing tot is excited about learning a new skill and wants to master it, so this can cause him or her to stay up more often and lose sleep. Most of the time, the regular sleep routine that you set will go back to normal after your baby has mastered the new skill. By

keeping track of these milestones, you can determine if your baby is having trouble falling asleep and staying asleep because of new skills. Most of the time, you won't be able to do much to change this, but, again, your baby will fall back into the normal sleeping routine after mastering a skill or sooner. Also, this is an exercise that gives you something to look back on when your child gets older! Every mom loves those precious memories.

You should also watch out for development that may be interfering with your child's sleep, such as teething, separation anxiety, illnesses, sensitivity, gas, ear infections, sleep apnea, and irritation.

This is a general sleeping guide for babies up to 12 months old, so you should consider other factors that may affect your baby's sleep, such as sleeping and home environment, specific health conditions, feeding routine, etc. You can use the general tips provided in this age guide and apply them to your life as you see fit.

Extra Baby Sleep Solutions You Need to Know

To give you more information about baby sleep, several detailed baby sleep strategies and tips have been provided in this section. These solutions can aid in getting your baby to sleep or improve his or her sleeping routine. Consider applying these tips to your baby sleep plan.

1. Know your baby's sleeping pattern from the get-go. Right when your baby comes home from the hospital – even sooner – pay attention to your baby's sleep routine. Use a sleep log by recording sleep and wake times in a journal, spreadsheet or other log material. You should also note how your

baby started to get sleep or fall asleep. If you have any other information you want to add to your log, go ahead and record it. Make sure that you have a watch or other tool near you to keep track of the time. Your log can look something like this:

<u>Day or Night?</u>	<u>How?</u>	<u>Where?</u>	<u>Sleep Time</u>	<u>Wake Time</u>
Day	Nursed to sleepiness	In arms	1:53 p.m.	3:15 p.m.

Other information you include in your baby sleep log are:

- Goal nap time or bedtime;
- What the baby was doing before sleeping, nursing, etc., or becoming tired;
- Total number of times baby slept and woke up;
- Bedtime routine;
- Night wakings.

2. Invest in a [baby sling](#). Slings are excellent mommy helpers since you can snuggle your baby close to your body, bond, and do other tasks while holding your baby close to you. Many babies love to be in contact with their mothers, and it does help them sleep more soundly. If your baby is the touchy-feely type, definitely go with a safe baby sling to help improve his or her sleep. While your baby is snuggled in a baby sling, go outside and enjoy the great outdoors with your child. Going outside can help relax your baby and get him or her sleepy.

3. Come up with your own baby sleep plan. Every baby is different, so it's important to observe your child's sleeping pattern and create a plan from observations you've made. To create a sleeping plan, consider the solutions you know about baby sleep. Factor in your baby's patterns and personality. Other elements you can include in your plan are:

- How you'll help your baby get into his or her sleepiness mode;
- What you'll do as a pre-bedtime routine for your baby;
- What possible sleep associations your baby will make from your day-to-day pre-slumber routine;
- How you'll get your baby ready for nap time or bed time;
- What times you plan to put your baby to sleep;
- Baby sleep rules you've set for yourself, such as not waking up your baby for feeding while he or she sleeps for more than three hours straight if he or she had enough food during the day;
- Sleep log;
- Possible obstacles you may face and the solutions to them.

Your plan can either be digital or printed out on paper and placed in a special binder or folder. Make sure you've evaluated it to see if you want to add more information to it or not. Then, try out your plan over the week and see how it goes. Note adjustments you want to make, and, at the end of the week, adjust your plan and refine it. This type of planning is like budgeting; it takes more time to create a sleeping plan for your baby that fits. Continue observing your baby and making changes so that you can accommodate your baby's needs.

If you can't keep up with your plan, make changes to it. As a mom, a hectic life isn't uncommon, so modify the sleeping plan to fit your lifestyle more but also meets the needs of your tot. Following a sleeping plan can be a challenge at first; but just like any type of routine, you'll get used to it soon enough. Even if you can't follow the entire plan to a T, you'll still see a little improvement in your baby's sleep. You can split up your plan into smaller steps where you do one step per day or week. Build your sleeping plan over time instead of going all out in one day. You don't have to stress yourself out by forcing yourself to do all your plan at once. Take your time if you need to. There's no rush in helping your baby develop healthy sleeping habits; just don't use excuses to avoid helping your child with a sleeping routine.

4. Hold your baby in a side or tummy-down position. When your baby is starting to feel sleepy, getting him or her sleepier can be a breeze when you hold him or her in a side or tummy-down position. This does not mean put your baby on his or her side or tummy when you lie him or her down to sleep. This is just a way for you to soothe your baby and get him or her sleepy. Babies, especially newborns, feel safe and secure when they're put on their side or tummy. Think about it – your baby is in a sideways position when you're breastfeeding him or her and hold him close to your breast. Sometimes, babies even fall asleep when they're resting on their mommies' shoulders (the position where you get your baby to burp). Again, when you do this method, don't let your baby sleep in this position. It can increase the risk of SIDS (Sudden Infant Death Syndrome). Before you do this exercise, swaddle your baby first.

5. Swing your baby to sleep after swaddling him or her. An alternative to rocking, swinging your baby can help him or her fall asleep faster. Swinging doesn't mean using a baby swing; it means jiggling your baby gently in short, quick bursts. The theory behind this method is that your baby was rocked around in your womb from your movements, so swinging would bring back that familiarity for your baby, making it easier to relax and sleep. To make swinging your baby more effective, play a white noise CD in the background or other soothing music. You can also shush while you swing to further relax your baby.

6. Change up the ways you get your baby to sleep. If you rock your baby to sleep, swing your baby to sleep every other day. If you breastfeed your baby to sleep, rock your baby every other time if he or she doesn't need feeding. A variety of sleep associations can help your baby detach him- or herself from depending on one method to get to sleep. Also, you can mix up your techniques each time you get your baby to sleep. Many babies can sleep better when you mix up your techniques. Don't depend on one method to get your baby into sleepy mode; you'll make your baby depend on it, too.

7. Consider co-sleeping. Before you think about how co-sleeping may produce negative side effects in the future or have all the worries about rolling over on your baby pop up in your mind, co-sleeping can actually be beneficial for your little one. If you do decide to co-sleep, it's recommended that you do it only up until your baby is six months old. There are two types of co-sleeping techniques, and they are:

1. **Same-bed co-sleeping** – This co-sleeping method is where both you and your baby sleep in the same, big, ol' bed. This method allows you to be right there with your child when he or she wakes up and cries in the middle of the night – much better than walking to another room like a zombie to tend to your tot. Your baby also benefits from same-bed co-sleeping by adopting your sleep and wake times. Your baby's internal sleep clock can develop faster this way (although it's not necessary for you to sleep at the same time as your infant or exhaust him or her until you go to bed).
2. **Same room, different beds** – This method is where you put your child's crib in your bedroom or have a bed in your baby's nursery. With this co-sleeping method, you can separate your baby and yourself while still being there for him or her. You also don't have to worry about common same-bed co-sleeping worries, such as rolling over on your baby, sleeping too deeply, etc.

So, which method is right for you? Well, co-sleeping in general may not even be a good approach for you. Trust your instinct, and, if it's not for you, don't do it. But if you have a good feeling about co-sleeping, consider one of these arrangements. You can try both of them for one week to see which is better, or you can go with your instinct or preference.

Make sure that you're completely comfortable with the idea and that you're doing it for you and your baby. If you feel pressured from other moms or other people in your life, don't do co-sleeping until you've resolved those feelings. You should also discuss co-sleeping with your partner to see where he stands on the matter before you decide what to do. Another

factor to consider is your own habits. Do you tend to move around a lot in your sleep? Do you have sleeping problems? Will you take the essential steps to creating a super safe sleeping area for your child? Think about co-sleeping thoroughly before you decide.

If you've decided to co-sleep, here are several tips for you to use to make it a great experience:

- **Co-sleep in the same bed with your baby only after at least 14 weeks.** To reduce the risk of SIDS or other negative health conditions, co-sleep in the same bed when your baby is at least 14 weeks old. Before 14 weeks, you'll have to use other methods to get your baby to sleep more soundly.
- **Don't drink or take sedative medication before bed.** These substances can cause you to get a little *too* drowsy, and it can be detrimental to your baby's health. You may not be able to hear your baby cry if he or she is uncomfortable, hungry or in pain. If you or your partner have to take medication that has a side effect of drowsiness, don't co-sleep with your baby that night.
- **Your baby should only co-sleep with you and/or your spouse.** Don't allow other people – even close relatives and friends – to co-sleep with your baby. You may not know what types of sleeping habits they have, and they can unintentionally harm your baby.
- **Avoid sleeping on soft beds.** Waterbeds and beds that are too soft can increase the risk of SIDS. Make sure your mattress is firm, but not too hard, for your baby. Also, don't use heavy blankets when you

cover your baby as it also raises the risk of SIDS. You can use a separate blanket for yourself and your little one.

- **Place your baby away from the wall.** Give your baby some room; if your tot is sandwiched between you and the wall, it can be detrimental. You should also avoid using rails. Make sure your bed is big enough to fit your baby and give him or her a lot of room. If your baby sleeps between you and your spouse, be extra careful; this position can actually make the risk of SIDS higher. Another tip related to walls – make sure all gaps between your mattress and the wall are filled in with an extra, thick blanket or other material to keep your baby from hurting him- or herself if he or she rolls over into the gap.
- **Wake up periodically throughout the night.** Don't set your alarm for every hour – you'll never get enough sleep that way! What you can do is set your alarm to ring whenever your baby usually wakes up just to check on him or her. You can also set your alarm 15-30 minutes before he or she wakes up. Switch the checking with your spouse, too, so you can get more snoozing in.

The American Academy of Pediatrics suggests that you go with the same room, different bed method as the same-bed co-sleeping is risky. It's up to you what you decide to do, but you should consider the possible risks seriously before making a decision on co-sleeping. Talking to your doctor or other specialist may help ease your concerns and give you an answer.

8. If you're breastfeeding, avoid caffeine. Whether in food or beverages, caffeine can be found anywhere, and ingesting high amounts of it will disturb your baby's sleeping routine. The caffeine becomes part of your

breast milk, so your tired tot can turn into a cranky one when caffeine enters his or her system. It may be hard at first (especially if you're a big coffee drinker!), but remember that you can get back into your caffeine addiction later on. This is all for your baby, and the time will fly by like lightning!

Baby Sleep Safety 101

You know all sorts of sleep solutions and strategies for your baby. Now, it's time to review the safety rules you should follow when it comes to baby slumber. It's critical that you know these rules to keep your baby safe at all times. Your baby is going to depend on you *a lot* over the next several months, so don't skip on baby sleep safety, no matter how tired or busy you are.

Put your baby's safety above other priorities, and don't get lazy with it. It's easy for parents to think that their babies are safe without much thinking, but what you think is safe may not be safe at all. Many parents don't make wise decisions because they're not aware of the safety hazards around their children, so build your knowledge. The most common concern that parents have is SIDS. The precautionary steps you should take can help keep your baby safe in general and reduce the risk of SIDS. Follow the rules below to do so.

SIDS has been mentioned throughout this e-book a few times, but let's dig deeper. SIDS, an acronym for Sudden Infant Death Syndrome, is a serious condition where a baby under 1-year old dies unexpectedly; most of the time, there's no apparent cause of death, either. SIDS usually occurs

during a baby's sleep, so that's why it's important to know about it and how you can reduce the risk of it.

Most cases of SIDS happen between the ages of 1-4 months old, which is a critical time for your baby since he or she is getting used to a sleep routine as well as adapting to the world out of the womb. But SIDS can take place any time during a baby's first year.

To help you reduce the risk of SIDS, here are the ways to do just that:

- **Always put your baby to sleep on his or her back.** Studies have shown that the risk of SIDS increases when parents put their babies to sleep on their tummies. The theory behind this claim is that babies don't get enough oxygen and can suffocate from sleeping on their stomachs. If your baby tries to roll over or shows other signs that he or she doesn't like to be on his or her back, adjust your baby's sleeping position or technique. Swaddling can work for your baby. You can use an infant seat to get your baby to sleep; the position your baby is in can be comfortable for him or her, so he or she may sleep a lot better that way instead of completely on his or her back. Also, whenever you place your baby on his or her back, make sure to vary the position for every nap, such as moving your baby's head to the other side or changing the placement of the crib. This will encourage your baby to move his or her head around and prevent positional plagiocephaly, a condition where the back of your child's head becomes flat. You can, however, put your baby on his or her tummy when he or she is awake and active, and you can do this from

an early age. This will help encourage stronger physical development.

- **If you're a smoker or someone else in your family is a smoker, smoke far away from the baby.** You should also make sure that your baby's belongings don't smell like cigarette smoke. Both smoking and the smell of cigarettes can increase the risk of SIDS. Not only that, but these factors can also cause future health problems, such as asthma.
- **Leave the cute stuffed animal toys out of the crib.** Blankets, toys, and any other extra crib accessories can suffocate your baby. Don't fill your baby's crib with unnecessary objects – no matter how cute they are. However, when your baby is older and can play with toys, you can add a few safe ones in his or her crib to distract him and give you some extra time to do other tasks. Just make sure you keep an eye on your baby when he or she plays with toys. Another thing to note: Don't place extra blankets or comforters underneath your child as he or she can get entangled and suffocate.
- **Mind the room temperature.** Keeping your baby warm – not hot – can be a great sleeping aid. Mind the temperature in the room, and adjust it if necessary. You should also dress your baby in clothing that won't overheat him or her. If you're swaddling, make sure the blanket isn't too tight or the room isn't too warm to prevent overheating your little one.
- **Avoid dressing your baby in loose clothing.** Clothes that are too baggy can make your baby uncomfortable or too cold. He or she can also get entangled in the clothes and possibly suffocate or hurt him- or herself. Put your baby in snug – not tight – clothing instead.

- **Put your baby to sleep on a firm yet baby-safe mattress.** Don't place your infant on soft surfaces, such as the sofa, a pile of blankets, and foam pad.
- **Share a room with your baby.** Studies have shown that sharing a room with your baby – not your bed – can help reduce the risk of SIDS. Your baby should also be the only one in his or her crib, so don't overcrowd the sleeping area.
- **Stay calm and patient whenever you're taking care of your baby.** Sometimes, parents who are at their wits end can take it out on their babies, even they're not usually the types to do so. Squeezing your baby too hard, hitting him or her or hurting your child in some way can increase the risk of SIDS. If you need to calm down, put your baby down in a safe place or put him or her in someone else's care, such as your spouse, and calm down before going back to handle your baby.
- **Don't put necklaces or a bib around your baby's neck.** Some pacifiers have a cord or ribbon that you can use to put around something, but you shouldn't put it around your baby's neck. Bibs should also stay away from your baby's body unless you're feeding him or her in an upright position.
- **Breastfeed.** According to [WebMD](#), breastfeeding can reduce the risk of SIDS up to 50 percent, which is a significant amount. This may be due to how a mother's breast milk can protect her baby from illnesses and other health conditions from the nutrients present in breast milk.
- **Learn the infant CPR procedure.** If you think your baby is suffocating or choking, knowing the infant CPR procedure will be useful. Here is a great [PDF from the Red Cross](#) for infant CPR.

- **Always read safety precautions with every baby tool you use, such as cribs, strollers, etc.** Your baby can fall asleep anywhere – not just in his or her crib. Make sure that you're well aware of the manufacturer's safety hazards and precautions before using the item.

SIDS may not be prevented, but you can make sure that your baby's surroundings and environment is safe for him or her to be in. Even when you're running errands while carrying your child or when you're at a friend's house, always check the area to ensure your baby will be safe. If you need to, you can use a timer to alert yourself when you need to check your baby.

Baby Sleeping Basics Wrap-Up

From understanding how your baby sleeps to baby sleep safety, a ton of information has been thrown at you regarding baby sleep. Take your time learning, and make notes of any sleep solutions or other information that jump out at you. Don't go about the whole baby sleeping thing randomly. Know what you're going to do to help your baby develop healthy, better sleeping habits over time.

For most moms, the entire baby sleep routine isn't going to be a pretty, smooth process. In fact, it's just going to be a big pain for most. But knowing how you'll deal with situations is what will help you handle a variety of baby sleep circumstances much better. This isn't just about your baby, though – even you need time for yourself and get some zzz's, too. Let's dive into the next chapter to see how you can improve your sleep routine.

Chapter 3: Your Sleep

It's no secret that pregnancy disrupts you in various ways, including in the sleep department. Once you've given birth, you have another major sleep interruption on your hands. Despite your little one being adorable, you still get cranky, frustrated, and exhausted from all the sleep that you've lost. Over the next few weeks after your baby's been born, your sleeping schedule is going to be hectic and change; you may even start to wake up in the middle of the night when your baby is still asleep due to habit. A lot is going to change, but it doesn't mean that you can't get back to your regular sleeping schedule.

In Chapter 1, we discussed how most adults need 7-8 hours of sleep. Unless you have certain sleeping disorders or health conditions, that amount of sleep should be your aim each night. However, with a new arrival in the family who hasn't adapted to a sleep routine yet, it can be tough on your mind and body. That's why, in Chapter 3, we'll present various ideas and solutions for you to help you get out of common sleeping problems many people have when a baby enters the picture.

How Your Sleep Pattern Will Change when You Have a Baby

Back in the baby sleep age guide, it was stated that your baby is at the perfect stage for a sleeping routine. Since your baby has zero clue about what a sleeping routine is, it's your job to help set it and execute it. During the first 6-12 weeks after birth, your sleep isn't going to be regular. Even if your baby is on the quieter, peaceful side, you never know when an

unpredictable sleep pattern will show up. You'll be up more to feed your baby since he or she is in the rapid growth stage. Your baby, in the first several weeks, is going to grow fast, so you will have to sacrifice sleep time at night to accommodate your baby's needs.

That's the bad news about baby sleep. The first couple of months may get crazy for you, so plan on taking a lot of naps and waking up more often in the night. If you already have trouble sleeping, you may go through more sleep obstacles. On top of that, your normal motherly worries can keep you up at night as well.

But don't let this discourage you! You don't have to suffer through this phase. You just have to shift your focus to the *quality* of your sleep rather than how many hours of sleep you get. What does that mean, exactly? When you focus on the getting enough sleep to the point where you don't get sleepy, that's the quality of sleep you're getting. Focusing on getting 7-8 hours of sleep is zoning in on the quantity of sleep you get. In some cases, you may need more or less than eight hours of sleep to stop feeling groggy and sleepy throughout the day. (It may take time for you to figure out how much quality sleep you need, though.)

Common Mommy Sleeping Problems

In this section, we'll go over the common sleeping problems moms may face when they have a newborn. It's important for you to be aware of these common sleeping obstacles so you know what to do if you experience them.

Fatigue

The main sleep problem you may suffer from when you have a newborn is fatigue. With all the interruptions throughout the night, your sleep isn't going to be on schedule, especially if your baby wakes up at 2 a.m. and makes you stay up with him or her for another two hours. Fatigue is bound to happen, and it can be hazardous to your health. That's why you need solutions that will fit your new, though temporary, sleeping schedule and get more quality sleep to combat fatigue. You'll learn more about how to battle fatigue and stop feeling so exhausted in general later in this chapter.

Postpartum Depression

If you're feeling down after your baby's been born, even though you love your bundle of joy, you're not alone. Many new moms suffer from the baby blues. This condition typically occurs a few days after giving birth, but it doesn't last for long. However, if your baby blues don't go away after two weeks, you may be suffering from postpartum depression.

With postpartum depression, it can be difficult for the mom and the baby to bond together. The baby can sense his or her mother's emotions and can be affected by them. Since the mom seems to be emotionally unstable, the baby can also be unstable, especially in sleep. Babies need to bond, feel love, care, and affection from their mothers. But if there's a lack of those, your baby can be anxious and have trouble sleeping. It also means you can have trouble when you try to go to sleep.

Postpartum depression tends to occur in the first couple of months after giving birth. Several signs and symptoms of postpartum depression include:

- Moodiness
- Crankiness
- Irritability
- Quick temper
- Lack of focus
- Feeling hopeless, helpless or an immense amount of guilt
- Suffering from headaches and other body aches while feeling sad
- Drastic change in weight or eating habits

Postpartum depression, based on studies, seems to have a combination of causes, such as hormonal imbalance, genetic influence, and environmental factors.

How can you get yourself out of postpartum depression? Several ways to get out of the deep baby blues are listed below:

- **Reach out to others.** There are many postpartum depression support groups that can help you get through the tough times. Sometimes, talking and connecting with others who share the same complications as you can help cure you from your depression over time. Find one near your area so you at least know a support group

you can join if necessary. Online support groups are available, too, such as the [Online PPMD Support Group](#).

- **Talk to your spouse and ask him for help with the baby.** In most cases, your spouse is more than happy to support you through this rough patch you're going through. It can be tough for dads to handle both a newborn and his baby's mother's depression, so let your spouse in and talk to him. Discuss any problems you have and let him be your support pillar. If you don't feel like you're being understood or supported from your spouse, talk to trusted friends, family members or even a specialist. You have plenty of support options around you.
- **Accept that you do have postpartum depression.** For many moms, it can be hard to accept that they have a mental illness. Don't be your own judge, though. Talk to your doctor to see if you really do have postpartum depression before you think you do. If you have this condition, learn to accept it. It doesn't mean that you approve of it or that you like it if you accept it. It's a step toward recovery when you don't deny it or reject it. Also, your postpartum depression isn't a cage that you can't get out of. Recovery options are available for you, and you can look up success stories of moms who went through postpartum depression and got out of it just fine. Don't let this discourage you from recovery.
- **Don't let the depression win.** Yes, it's going to be hard to go through, and you most likely won't feel like doing a lot. But one of the highly recommended ways to get out of postpartum depression is to stay active in your life. Continue to bond with your baby, find ways to have fun – even for a little bit – and go outside. Don't trap yourself

indoors or in a single place with your depression. It can be cured, but you have to make the first move.

- **You're unique, and so is your postpartum recovery period.** Some moms recover faster. Some moms don't recover as fast. Some moms can handle it better. Some moms don't. No matter what, don't compare yourself to other moms who have suffered through postpartum depression. You may have heard how they made a successful recovery, but you don't know exactly what they went through. It's pointless to compare yourself to someone else's end result, so focus on yourself. It all boils down to your willpower and decision to get out of postpartum depression. That's what will put your recovery into motion.
- **Don't beat yourself up.** If you're suffering from postpartum depression, you may feel a ton of guilt because you think you're abandoning your motherly duties or you're not being a good mom or wife. Give yourself some slack! You went through a lot already, so take a small break from chores or taking care of your baby and leave him or her in your spouse's care. But if you truly want to change things, after your break, get up and start going about your day as a mommy.
- **Don't give in.** For moms suffering from postpartum depression, it can be easy to just sink in to the depression. It may even become a comfort zone for moms because they're afraid to leave it or have another issue that is causing them to stay in the depression. But you have a whole future ahead of you that is ready to be filled with wonderful, timeless memories with your family. The deeper you sink in to the depression, the more time you lose. Don't give up!

Solutions for Moms to Get Back Their Sleep

Here's what you've been waiting for: sleep solutions for you! Finally, ways for you to get some rest during these hectic times are presented in this section. The best part? They're all simple and easy to implement into your life as long as they're the right tips and tricks for you. Let's get started!

1. Keep a journal next to your bed. Use this journal to write down your worries whenever you can't sleep at night, thanks to the swarm of worries that fill your head. Even if your baby is sleeping soundly, your circles of worries in your head can still keep you up at night despite the fact that you've been wanting to get more sleep lately more than anything. Take those worries out of your mind and put them on paper instead.

Sometimes, thoughts just need to be expressed – whether spoken or written – to calm your mind. Whenever you write in your journal, don't turn on a bright light. The light will actually wake up your mind more and keep you up later. In the previous chapter, we talked about how your baby hasn't recognized the difference between day and night yet, but you already know the difference. That's why your mind will always associate light with daytime.

2. Sleep during your baby's nap times. Make sure that you have a good grasp of your baby's nap times before you take a nap as well. You may not hear your baby cry if you enter a very deep slumber, even if it's a nap. But you should rest when your baby does so you can catch more sleep during the day. Don't get caught up in chores and other “busy” work. Rest when

you feel tired. Listen to your body, and take advantage of those quiet times when your baby is fast asleep.

3. Know your sleep schedule before your baby's arrival. If you're reading this e-book before you give birth or pregnancy, this is a great time for you to learn about your sleep schedule on a deeper level. You may have been going with the flow and sleeping whenever you felt tired. You may have been going to sleep at a specific time each night and waking up at the same time. You may have been sleeping at random times throughout the week, or perhaps you have a sleeping disorder that makes sleep hard for you.

If you haven't gotten familiar with your sleep schedule before your baby arrived, try to remember what your sleep was like before you had him or her. Why have a specific schedule of your sleep before giving birth or even pregnancy? It's because your body goes through many changes, and knowing what your sleep routine was like before having a baby will give you more information to refer to when you have changes in your current sleeping routine. You'll know how much sleep you need and adjust your current schedule to get more sleep during the day or night.

Keep a sleep log of your previous sleep routine before you had your tot. Refer back to Chapter 2 to review the information you can put in your personal sleep log. You should also create a sleep log for yourself after you've given birth. This will help you determine where you can get more sleep and how your baby's sleeping routine is like.

4. Set your bedtime when your baby falls asleep at night. Or you can just take a quick nap when your baby goes to bed at night. If your baby sleeps early at night, it may be impossible for you to get to sleep at that time if you're used to staying up later. But getting some shut eye during the time your baby is sleeping can help you reduce your sleep debt and make you less sleep deprived.

5. Create the perfect sleep environment. Just like how your baby needs the right environment to sleep in, so do you. Determine your ideal sleep environment. Do you like it dark and cold in your bedroom? Do you like it warm and snuggly with a little daylight shining through the windows? Do you like to have meditation music playing in the background? Find what gives elements help you go into a relaxed, worry-free slumber.

6. Get your next day's to-do list ready the night before. Because of all the baby care you're doing, you're probably putting off a lot of personal tasks and projects. Plan better evaluating your day or previous week, and create a schedule. Include all the tasks you need to get done for the day in the schedule. Fit them around the time to take care of your baby. Do as much as you can in the day so you don't wear yourself down more than necessary.

One of the main things you may worry about in bed while you're trying to sleep is what tasks you're putting off, such as cleaning, grocery shopping or, if you work, any work assignments you're losing time on. You can just

quickly jot down all you need to do for the next day or week and organize it later on if you don't want to sit down long enough to create a specific plan.

7. Don't confuse your internal clock. Many of us wake up early and sleep early during the weekdays; but when the weekends come around, we tend to sleep in and stay up a bit later. No wonder many hate Mondays! This sleep pattern only confuses your internal clock, so be consistent with your sleep and wake times. Choose the time you go to bed and wake up in the mornings. Although having a baby is going to alter these times a lot, you can still maintain a consistent sleeping schedule to set your internal sleep clock on the right track.

8. Get active. If you've just given birth, this may not be the best tip for you. Get permission from your doctor first about exercise before you engage in it. Taking at least 15 minutes to exercise can boost your energy levels and keep you hyped up throughout the day. But exercise also aids in improving your sleep since some people do experience better sleep and fall asleep easier when they exercise during the day. Just like with a sleeping schedule, you want to have a specific, consistent workout routine that you complete 3-5 times per day or however many days your doctor tells you. Take your baby out for a stroll around the neighborhood to spend quality time with your little one.

9. Meditate. You may be wondering, "How in the world am I going to take the time to meditate when I have a baby to take care of and a million other things to do?!" We hear you! Yes, taking a few minutes out of your day to

meditate may seem like an impossible task for you. But meditation is an incredible way to relax and stay in tune with yourself.

When most moms have a baby, they get into this routine where they center their whole life around the baby. They forget that they are the most important person in their life, yet fail to take care of themselves properly. Meditation has numerous benefits that can help you not only sleep better, but also be a calmer, more loving, and more attentive person. Meditation can help you find yourself again when you feel lost and empty. Meditation can help you relax and fall asleep better at night. Meditation reduces your stress levels (and moms can benefit from it greatly!).

Don't dismiss meditation just yet. Take two minutes to focus on deep breathing. Put as much of your focus into your breathing for two whole minutes. Let any thoughts you have pass through your mind and don't focus on them if you can. There – congratulations, you just meditated! Meditation is just clearing your mind and zoning in on one thing, such as your breathing. You can meditate while chopping vegetables for dinner. You can meditate while you fold clothes. Just focus on one activity at a time to relax yourself. By concentrating on one activity at a time, you declutter your mind in the process. You're not so busy where you can't even spare two measly minutes to meditate and relax yourself, right?

10. Realize that you don't have to do everything yourself. If you feel like you have to do everything yourself when raising your kid because you have the mother role, let go of that belief now. You're not alone. You have your

spouse. You have childcare services. You have many options for you to get the help that you need. If you're too tired to feed your baby, use a breast pump to save milk for nighttime feedings and have your spouse take care of the nighttime wakings. You can also hire an overnight nanny or a night nurse to come help out with caring for your babies. Just do your research and interview or talk to the individual before you hire to be on the safe side.

11. Watch what you eat before bedtime. If you're used to snacking during the evenings, get out of the habit because that can be one of the factors that may be making you stay up later than usual. Food or beverages increase your blood sugar levels, so your energy levels can go up as well. Stop eating at least two hours before bedtime to avoid making your mind stay awake longer.

12. Get out of bed if you can't fall asleep after 20-30 minutes. Avoid associating sleep and your bedroom with frustration by getting out of bed when you can't fall asleep after 20-30 minutes. Change your environment; go to another room and do something relaxing. Don't be tempted to do anything that will stimulate your mind too much and keep you awake, such as watching TV. See if you start to get sleepy, and go back to your bedroom to sleep. But do whatever you can to get sleepy. Don't force yourself to pull an all-nighter. You'll only ruin your sleep schedule even more that way.

13. Make sleep one of your main priorities. You're a mom, but that doesn't mean you have to be a sleep-deprived one, despite what others

say about sleep and having a baby. Make sleep one of your top priorities. Without sleep, your mind and body will slowly lose the ability to function properly. That means you put yourself and everyone around you at risk. Your memory becomes hazy. You become more prone to accidents, which can be fatal ones. You increase your risk of health issues, such as obesity and cancer. Sleep is necessary, so don't sacrifice it completely when you have ways to get more rest during your day.

14. Don't depend on caffeine to keep you awake. Keeping yourself awake temporarily will only make you more exhausted later. Caffeine is just a temporary fix to spike up your energy levels, so you'll crash later. Your sleep debt will only grow bigger at that point. If you really need to stay awake, do a few jumping jacks or walk around quickly around your home for a few minutes. Move around to get your blood flowing and get your energy up naturally. Also, remember that caffeine gets into your breast milk. If you're breastfeeding or feeding your baby with your breast milk from a bottle, avoid caffeine at all costs. Not only will you not be able to sleep, but your baby will also have trouble sleeping.

You should also avoid drinking too much water at least 1-2 hours before bedtime. You're asking for your own nighttime wakings to go to the bathroom if you drink too much water before you go to sleep at night, so get enough water during the day.

15. Drink cherry juice before bed. Cherry juice contains melatonin, a hormone that helps induce sleep. Go with organic, store-bought or fresh

cherry juice to get your melatonin fix for the day. Drinking a glass once a day will help improve your sleep over time.

16. Find out what's hindering your sleep. Is it your baby? Is it stress from the daily activities? Is it because you want a break to relax and be you? Determine what's distracting you and keeping you up past your bedtime. Then, learn how you can handle it and improve your sleep. Don't let it continue hindering your sleep if you can help it. If you don't take care of it soon, you'll let the frustrations and other negative feelings you have about sleep build up in you.

17. Let go of resentment. It's normal for some moms to resent their babies for keeping them up at night and blame them for all the negative side effects they're suffering from. But those ill feelings can be keeping you awake at night. Remind yourself that your baby is a brand new being in this world. He or she doesn't know a lot about anything like you do. Learn to be patient, and let go of any resentment you feel toward your little one.

Don't let it resentment take away from your enjoyment with your tot and your sleep. Take a break when you need to, and avoid forcing yourself into situations you don't want to be in at the moment. It's okay to take breaks from your mommy duties. You weren't a mommy until you gave birth to your child and started taking care of him or her. You don't have to make that your one and only identity.

You're now equipped with more than a handful of sleep solutions that you can apply to your life. When you have a baby, you're most likely not going to have the same sleeping routine you had before. Don't resist the change – work with it and find the right sleeping pattern for you that fits with your current lifestyle.

You should also be sensitive to your needs as well as your baby's needs and formulate a personal snooze plan while including those factors into your sleep equation. Many moms tend to make the whole sleep thing a lot more complicated than it really is; if you're uncertain about what you're doing for sleep, you can always consult with your doctor or another specialist for advice about sleep.

E-book Wrap-Up

You've reached the end of this e-book, and, hopefully, you've gotten ideas on how to help you and your baby create better, healthier sleeping habits and routines. Or perhaps you skipped around to sections you were interested in and are already putting some of the sleep solutions to action. Either way, a wealth of information and answers to your questions about baby sleep and your sleep has been presented to you through *Sleeping For Two: Mommy And Baby Sleeping Guide*. Let's review what we've gone through:

- The basics of sleep and sleeping stages;
- The basics of baby sleep patterns;
- Sleep solutions for babies with different personality types;
- Sleep solutions for all baby ages;
- Understanding how your personality can affect your baby's sleep;
- Sleep associations;
- Strategies to help your baby sleep better;
- FAQs about baby sleep;
- How you can get more sleep in your day.

What You Can Do Now

After reading the e-book, it's highly recommended that moms start a sleep log for themselves and their babies. This is the beginning of healthy sleep for you and your child. Even if your baby is six months old, it's never too

late to establish sleeping routines. You may have a harder time getting your tot to follow a healthy snooze pattern, but just remember to be consistent.

Go with the flow, and make changes when needed. Continue to observe your baby and alter the sleeping plan when necessary. This is a time of growth for your little one. It's human nature to want to stay in a comfort zone and in a routine, but it's possible that your baby can change his or her mind about a current sleeping schedule you're on. Don't resist it.

Remember, your baby is still learning and growing! Change your sleeping plan whenever your baby is constantly being aggravated by the current one. You can also talk to a sleep specialist or your pediatrician to see if other factors are causing your baby to make a fuss at bedtime when he or she didn't do so before.

Besides organizing a sleeping arrangement, you also should work on keeping your emotions in check. You're a mom, and you're amazing! It's not easy to take care of a baby, but you're doing all you can to ensure your baby grows up healthy. Your emotions don't rule you.

Don't beat yourself up if you make a mistake. Don't let your anger and frustrations build up. If you want to cry, cry – if it makes you feel better, that is. You're a strong person, and you can control your emotions. Your tot can sense your emotions as well, so if you feel frustrated around him or her while you're trying to put him to sleep, then he or she won't be able to calm down. You being calm and getting a grip on your emotions will benefit you and your baby.

Do what you can to get your emotions under control, from meditation to writing. You don't want to end up doing something dangerous if the tension band is about to snap in your mind. You're a mom, and you can be a Super Mom, too. But, remember, before you're a mom, you're a human being who has basic emotional, mental, and physical needs. Meet yours first before you go to others. Take time for yourself. Get more sleep into your day, and pay attention to your needs. A happy mom is always a calmer, nicer mom. You don't have to sacrifice so much like others have told you.

That wraps up the end of *Sleeping For Two: Mommy And Baby Sleeping Guide*. Continue to refer to this e-book whenever you need to. This is meant to help you and your baby get through the first year as peacefully and happily as possible. Make it your go-to resource when it comes to baby sleep and your sleep. Try the tips in this e-book over time to see if they benefit your lifestyle. Baby sleep is best when you have several tricks up your sleeve. Knowing a variety of techniques and solutions will certainly assist you in those rough times when you can't get your baby to sleep or get some snooze in yourself.

Happy sleeping!

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