
3 THINGS YOU CAN START DOING ***RIGHT NOW*** TO FIND MORE SLEEP



***"what is worth doing
is worth doing now."***



Ok. So you are tired. Like real tired. Exhausted even. I remember EXACTLY how that felt and I remember thinking, I need help NOW and I can't wait one more second. Here are a few things that you can do starting TODAY to begin your journey toward more sleep for the entire family.

BREAK THE CYCLE



Overtiredness is a state where your child needs sleep but is unable to find that sleep because their body has released Cortisol and Adrenaline into their systems, causing their bodies to be on high alert and making sleep nearly impossible to find. Unfortunately overtiredness can be a deadly cycle, with missed sleep causing more missed sleep. Our goal to increase your child's sleep NOW so that they will be in a better place to begin learning sleep skill when you are ready to make some changes.

STEP ONE: REDUCE OVERTIREDNESS

The first and best step is to try to break the cycle of overtiredness for your child. Good sleep begets good sleep. Pull out all the stops to get your child some extra daytime and night time sleep.

HOW TO BREAK THE OVERTIRED CYCLE:



1

Use ALL your helpers:

During this time, it is more important THAT your little one gets some extra sleep in, rather than HOW your little one is getting the sleep. Take that kiddo on a car ride to encourage sleep or rock them to sleep for all naps. Just get that sleep in. We prep by reducing overtiredness.

2

Awake time and Bedtime Check In:

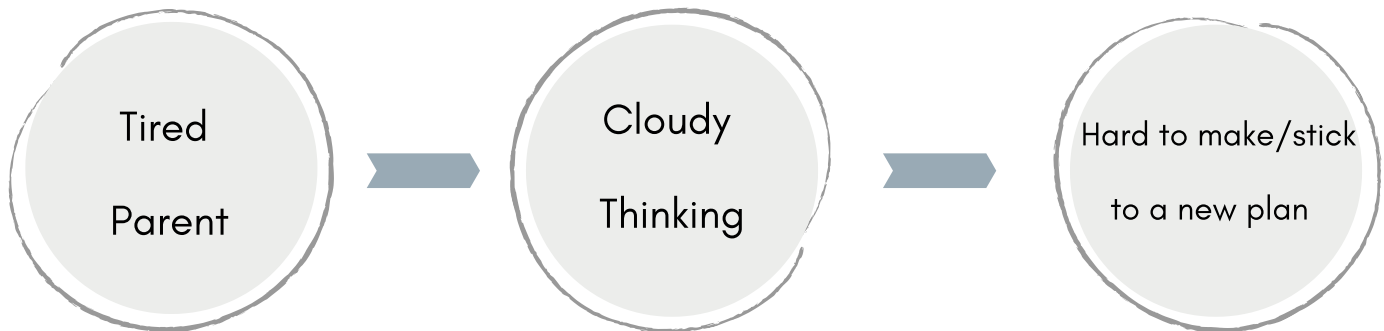
Begin tracking your child's awake time limits and the result of each awake time period (good nap? short nap?). Try to orient your day so that your child's bedtime falls between 7-8pm so that he or she has the best opportunity to get between 10-12 hours of night time sleep.

3

Extend Short Naps

If your little one is prone to short naps (less than 1 hour), try to extend their naps out if possible by offering touch comfort, a pacifier, or rocking your babe back to sleep if necessary to gain a little more day time sleep in.

PREPARE YOURSELF



Coping with the stress of sleep deprivation in addition to normal daily stressors can be overwhelming. When exhaustion has set in for parents, it can be really hard to even know how to take the first step toward finding more sleep. If you are considering making a change in your current sleep strategy, having a clear head, a goal in mind and being able to access emotional regulation can make a big difference in finding sleep success.

STEP TWO: PARENTAL SLEEP

Focus on getting yourselves some extra sleep in the next couple of days so that as a parent you are able to remain emotionally calm to set the tone for your child and have a clearer view of your family's sleep goals.

HOW TO PREPARE YOURSELF TO TEACH YOUR CHILD:



1

Get some extra sleep for you:

Evaluate your day and find a way to get a little extra sleep in during your day. For the next 2-3 days, prioritize SLEEP for caregivers. Sneak in a cat nap or head to bed early; there will be plenty of time to binge watch T.V. in the evenings when your Little One is sleeping well.

2

Invest in some self care:

Carve out some time to focus on some self care for you and your partner. How you can arrange your schedule to get in the things that helps you to self regulate? Treat yourself nicely so that you can be in a better and healthier place for when you begin to make changes.

3

Call in the Calvary

Call in Grandma or a babysitter. No, they don't have to do the sleep work that you are planning on doing, but they can help by giving you a little more time for sleep in the early morning hours or watch the kiddos while you take that afternoon nap we talked about. Call them. Ask them. Do it.

SET THE STAGE



During the few days before you begin to make some sleep changes, take the time to make sure that your child's sleep environment is *on point*. Preparing your child's sleep environment might not be the magic wand you are looking for, but it can help create a smoother transition and create less overwhelm when you are ready for your next steps.

STEP THREE: PREP THE SPACE

Don't find yourself running to the craft store or Target at the last minute to get some light blocking curtains or a sleep sack. Order them from Amazon now so they are ready when you are!

SLEEP

ENVIRONMENT BASICS:



1

Environment

Cool, calm, dark and boring. Temperature: 68-72 degrees. Dress your child in no more than 1 extra layer than you yourself would wear. No mobiles or other distractions in or around the crib; the crib is for sleeping, not a time for play.

2

Lights and Noise Machines

A dark bedroom cues the body for sleep. 'Blacking out' your child's room doesn't have to be pretty, it just has to work. A warm yellow/red light may be used as a night light for older children or for night feedings. White noise is encouraged to drown out external house noises.

3

Swaddles and Sleep Sacks

I encourage the use of a swaddle for all non-rolling newborns and transitioning to a sleep sack for rolling babies and toddlers. Double check that your swaddle or sleep sack is age and weight appropriate to prepare for your next steps.

DAILY ROUTINES:



1

Firm Morning Wake Time


I know it can be tempting to let your little one (and you for that matter) sleep in after a rough night of sleep. I get it-- I really do-- but we really cannot begin to understand your child's tolerance for awake times or daily rhythms until we have a firm starting point. You may need to begin to wake your child every day around the same time (Anything between 6:30-8am is considered appropriate) regardless of how the night went.

2

Practice

As your child grows they begin to explore new developmental milestones. To ensure that your child's new and fun skills don't negatively impact his or her sleep, make sure to practice this new skill several times a day. It can even be helpful to practice this new skill after he or she wakes from a nap but is still in the crib.

THIS IS GOING TO BE AWESOME



I am so excited for you to begin your journey toward more sleep and I can't wait to get to know you on our call.

In the meantime, please feel free to take a spin around the ole' website for more information:

www.ebsleep.com

Let's get to work
