



DAY & NIGHT

Sleep Consulting

Sleep Quiz

- Do you bed share?
- Does it take you longer than 10 minutes to lay your child down for bed?
- Do you have a bedtime/nap routine?
- Does your child wake more times than needed in the night?
- Does your child wake before 6am?
- Does your child wake every hour after 12am?
- Does your child need a bottle/nursing to fall asleep?
- Do you hold your child during naps?
- Does your child nap for 30-45 minutes 90% of the time?
- Does your child seem tired and grouchy most of the day?
- Is your child 4 months or older?

If you find yourself answering yes to most of these questions, then you're in the right place.

While these things are not all HORRIBLE, if they are no longer working for you then its time to turn to sleep training.

Contact me at DAYNA@DAYANDNIGHTSLEEP.CA to book your FREE Sleep Discovery Call