

TOP TIPS FOR OPTIMISING YOUR BABY'S SLEEP

Hi, I'm Cassie! As a Certified Holistic Sleep Coach (and a mum of two very different sleepers!), I know how overwhelming baby sleep can feel. The good news? There are some simple things you can do at home to help set your little one up for better sleep.

✨ Remember: There's no one-size-fits-all approach to sleep. Every baby is unique. Small, consistent changes can make a big difference in your family's rest.



**Nurtured
Sleep Coaching**

Here are my top tips:

01. KEEP A CONSISTENT WAKE-UP TIME

Aiming for a wake-up time within 15–30 minutes each day helps set your child's circadian rhythm (body clock). Choose the earliest realistic time that works for your family while allowing for 9–11 hours of night sleep. This consistency gives your day predictability too.

02. ANCHOR YOUR DAY WITH ROUTINE

Our body clocks love rhythm! Regular meals at similar times each day help anchor your circadian rhythm. Also optimising calories during the day whether that's solids or milk feeds can help to encourage consolidated chunks of sleep, if overnight wakes are due to hunger. A gentle routine throughout the day makes it easier for your little one to know what's coming next.

03. UNDERSTAND & DISTRIBUTE SLEEP NEEDS

Every child has unique sleep needs. Aim to space naps in a way that supports natural wake windows and prevents your little one from becoming dysregulated or undertired. Well-placed naps equal smoother bedtimes. If you are trying for more sleep than your baby needs, then this can result in sleep challenges.

04. DAYLIGHT, PLAY & MOVEMENT

Plenty of daylight exposure, fresh air, and active play are essential. Give your child opportunities to:

- Explore outdoors
- Practice new skills
- Move their body freely

This helps “fill their cups” and sets them up for deeper, more restful sleep.

05.

CALM, CONSISTENT BEDTIME ROUTINE

A predictable routine signals to your child's body that it's time for sleep. Research shows children with a bedtime routine fall asleep easier, sleep longer, and wake less often. Keep it calm, simple, and around 30 minutes — think pj's, books, cuddles.

06.

CONNECTION COUNTS

Throughout the day and especially before bedtime focus on quality connection time. Cuddles, play, and one on one time help fill your child's love tank, making it easier for their biggest period of separation.

07.

BE AWARE OF RED FLAGS

Sometimes sleep challenges aren't about routine, they can be linked to underlying discomfort or regulation issues. It's important to investigate and address the root cause. Please speak to your GP if any of these are present:

- Eczema, food intolerances, colic, reflux
- Mouth breathing, snoring, pauses in breathing
- Excessive restlessness or sweating
- Sleeping with their head tipped far back
- Signs of tummy discomfort (constipation, loose or mucousy stools)
- Breastfeeding or feeding difficulties
- Persistent muscle tension

These can all affect sleep quality, and getting support early makes a big difference.

08.

SLEEP ENVIRONMENT & HYGIENE

Set up a sleep-friendly space:

- Comfortable temperature with breathable 100% cotton layers
- No screens for at least an hour before bed
- Dim lights (or use a red light) in the evening
- Dark room for night sleep
- White noise (under 6 months) or pink noise (over 6 months) can block out disruptive sounds
- Day naps can happen in natural light if your little one isn't too distracted

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