

The background of the entire image is a soft, painterly illustration. In the foreground, a baby with light brown hair is sleeping peacefully on a bed of white, fluffy clouds. The baby's face is in profile, with closed eyes and a calm expression. Behind the baby, the scene opens up to a tropical landscape. Several palm trees of varying heights are scattered across a sandy beach that meets a calm, blue ocean. The sky is a deep, clear blue, featuring a large, bright yellow crescent moon in the upper right corner and a few small, distant stars. The overall mood is serene and dreamlike, emphasizing the theme of infant sleep.

5 Infant Sleep Fixes Every Parent Should Know

Breezy Baby
SLEEP SOLUTIONS

Breezy Baby Sleep Solutions

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1. Nail the Wake Windows

Babies can get overtired quickly, which makes it harder for them to fall and stay asleep. At 4-12 months, ideal wake windows range from 2-3.5 hours depending on age. Adjusting your baby's awake time before naps and bedtime can make a huge difference.

2. Create a Consistent Sleep Environment

A dark, quiet, and cool space helps signal your baby that it's time to sleep. Use blackout curtains, white noise, and a sleep sack to create familiar and comforting cues.

3. Establish a Predictable Routine

Babies love routine! Doing the same steps before naps and bedtime helps cue their bodies that it's time to wind down. Keep it simple—something like diaper change, sleep sack, lullaby, and lights out.

4. Avoid Sleep Props

If your baby needs to be rocked, fed, or bounced to sleep every time, they may struggle to fall back asleep during the night. Try putting them down drowsy but awake so they can learn to settle on their own.

5. Don't Panic Over Setbacks

Teething, regressions, and growth spurts happen. What matters most is staying consistent. Stick with your routine and approach, and your baby will bounce back.