



## 5 TIPS TO HELP YOUR BABY SLEEP LONGER & MORE PEACEFULLY

"When a baby sleeps, the world becomes still — and in that stillness, everything feels possible."



# ENVIRONMENT & NUTRITION

## Sleep Environment Matters

The perfect room environment goes hand in hand with a healthy routine. Making sure the room is pitch-dark, sound machine on, and the temperature is between 68 and 72 degrees will provide consistency and comfort within your little one's routine.

## Tank Up

Making sure your infant is feeding consistently throughout the day will make for a happier infant, resulting in easier naps and bedtimes. Infants require a certain number of calories per day based on age and weight. It is recommended for infants 4-10 months of age to be drinking breastmilk or formula every 2.5-3hrs. throughout the day. Lengthening the time between feeds as they get older.





## PREDICTABLE ROUTINES

- Babies thrive on rhythm and predictability. By 6 weeks, babies can begin to recognize routine and are able to determine what is going to happen next in their schedules. A consistent routine of 3–5 calming steps before naps and bedtime — like feeding, pajamas, swaddle or sleep sack, story, and white noise — helps create a sense of safety and supports regulation.
- These repeated patterns not only calm the nervous system but also help establish your baby's circadian rhythm — the internal body clock that tells us when to sleep and wake. Over time, this consistency signals the brain to release melatonin and makes it easier for your baby to transition into restful, restorative sleep

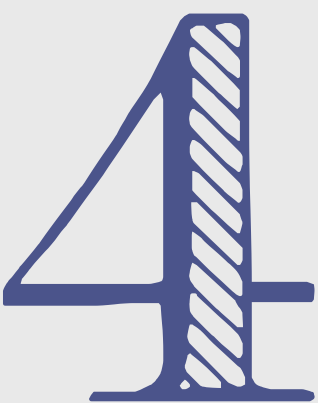
# POSITIVE SLEEP ASSOCIATIONS

Sleep associations are anything that helps your baby fall asleep - including positive and negative supports.

- Try your best to implement an eat, play, sleep routine to avoid creating a feed-to-sleep association.
- As much as possible, place your baby in their safe sleep space on their back, *completely awake*.
- Prioritize active awake times - babies sleep better when they use their brains and move their bodies.







## KNOW SLEEP NEEDS

A child's sleep needs change quickly throughout the first 2 years of life so it's important to understand.

The chart below outlines *recommended sleep* needs in a 24-hour period. Keep in mind that there is a range - all children have different sleep needs. Your child might need more or less sleep depending on their individual needs and temperament.

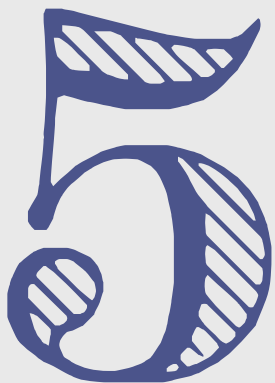
### SLEEP RECOMMENDATIONS BY AGE

Age	Required Sleep per 24 hours	Bedtime
Newborn	14-17 hours	Not a Set Time
1-10 months	14-15 hours	8:00-11:00 pm
10-15 months	12-14 hours	6:00 - 7:30 pm
15 months - 3 years	11-14 hours	6:00 - 7:30 pm
3-6 years	10-13 hours	6:00 - 8:00 pm

# WAKE WINDOWS

Age	Wake Window
0-3 Months	30-90 minutes
3-4 months	1.5-2 hours
5-7 months	2-3.5 hours
7-13 months	2.5-4 hours
13-24 months	4.5-5.5 hours
24-36 months	5-6 hours

Wake windows have become a valuable tool in helping parents predict their little one's next sleep cycle. *Wake windows are the periods of time your child is awake between sleep.*



- Helps predict the most likely time to fall asleep. Allow 10–15 minutes before the end of the window to fall asleep.
- Helps prevent both overtiredness — which can lead to cortisol spikes, short naps, and crankiness — and undertiredness, which can also cause short naps due to low sleep pressure.