



# *The Sleep Retreat*



*5 Steps to  
Sleep  
Success!*



# *5 Steps to Sleep Success!*

Step 1 – Bedtime Routine

Step 2 – Sleep Environment

Step 3 – Naps

Step 4 – Sleep Associations

Step 5 – Consolidation



# 5 Steps to Sleep Success!

## Step 1 – Bedtime Routine

A bedtime routine is such an important step to getting your child to sleep better. A bedtime routine, which has the same steps in the same order every single night, teaches your child that we are getting ready to sleep. Children thrive on routines and repetition.

A bedtime routine should last between 30-40 mins no longer, aim to start the routine at the same time each night, in turn this enforces sleep time to be at the same time each night providing your child with consistency that they need.

*E.G if your desired bedtime is 7pm (a great bedtime for children, aged 6 months to 3 years) start your bedtime routine at 6.20pm*

**Here is my example of a good routine:**

- Bath *(this could just be a little play in the bathroom, with top and taling, if not bathing baby everyday as this isn't needed especially in the early days)*
- Bottle / Breast
- Sleep Sack
- Storytime & Cuddles *(story can be very short at this age, but it is great to start reading to your child from an early age)*
- Bedtime

Moving the feed to after the bath, will ensure they are fed but removes the feed to sleep association that is often very present in babies that struggle to sleep.



# *5 Steps to Sleep Success!*

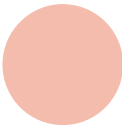

## Step 2 – Sleep Environment

Create a sleep-inducing environment for your child to sleep in, as studies show that babies and children settle more easily and sleep more soundly in a sleep conducive environment.

Ensure that your child's environment is:

- ✓ Dark
- ✓ Comfortable
- ✓ Calm
- ✓ Not stimulating

Use room darkening blinds, shades and/or curtains, have soft sheets, a stuffed toy or two but ensure all toys are out of the way so that there is nothing stimulating in the room. Night lights if required should emit only red/amber light as this doesn't react with your brain in the same way. White noise helps to eliminate those background noises, but also ensures its not too quiet.



# 5 Steps to Sleep Success!

## Step 3 – Naps

Focus on naps. Daytime sleep promotes nighttime sleep. Your little one needs to be well rested in the daytime to successfully sleep at night. So, how do I focus on naps, I hear you ask?

Naps vary on the age of your child, especially in the first 18 months of their life. First, we need to work out how many naps a day your little one should ideally be having, then using your set bedtime, set a wake-up time, from this we can gauge a rough daily schedule of where and when the naps could take place.

Start to read your babies cues, what signs are they showing you, which suggests they are getting ready to sleep –

- Ear/hair pulling
- Eye/head rubbing
- Becoming disinterested in what they are doing
- Grumpy/winey sounds being made
- Wanting more attention, becoming more cuddly

When your baby starts to show these signs, take them up to their sleep space, create the same sleep environment as bedtime, read a very short story and put your baby down to sleep.

On the next page, I created a table showing the age appropriate awake times. If you would like an age appropriate schedule to follow click [here](#).

# 5 Steps to Sleep Success!

## Step 3 – Naps



*The Sleep Retreat*

[www.thesleepretreatco.com](http://www.thesleepretreatco.com)



### Sleep Needs Table

	<i>Number of Naps</i>	<i>Average Nap Length</i>	<i>Average Daytime Total</i>	<i>Wakeful Window</i>	<i>Average Night Time Sleep</i>
<i>0-3 Months</i>	<i>4-5 Naps</i>	<i>Varies</i>	<i>Approx.</i>	<i>45-90 Mins</i>	<i>8.5-10 Hours</i>
<i>3-6 Months</i>	<i>3-4 Naps</i>	<i>45-75 Mins</i>	<i>4-5 Hours</i>	<i>1-2 Hours</i>	<i>8.5-10 Hours</i>
<i>6-8 Months</i>	<i>3 Naps</i>	<i>1-1.5 Hours</i>	<i>3.75 Hours</i>	<i>1.5-3 Hours</i>	<i>10-12 Hours</i>
<i>9-11 Months</i>	<i>2 Naps</i>	<i>1.5 Hours</i>	<i>3 Hours</i>	<i>2-4 Hours</i>	<i>11 Hours</i>
<i>12-24 Months</i>	<i>1-2 Naps</i>	<i>1-2.5 Hours</i>	<i>2.5 Hours</i>	<i>4-6 Hours</i>	<i>11.25 Hours</i>
<i>2 Years</i>	<i>1-2 Naps</i>	<i>1.5-2 Hours</i>	<i>1.5-2 Hours</i>	<i>5-6 Hours</i>	<i>11.5 Hours</i>
<i>3 Years</i>	<i>1 Nap</i>	<i>30 Mins-1.5 Hours</i>	<i>30-90 Mins</i>	<i>6+ Hours</i>	<i>10.5-11 Hours</i>
<i>4 Year</i>	<i>1 Nap/Quiet Time</i>	<i>0-60 Mins</i>	<i>Varies/Quiet Time</i>	<i>-</i>	<i>11.5 Hours</i>
<i>5 Years</i>	<i>Quiet Time</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>11 Hours</i>
<i>6 Years</i>	<i>Quiet Time</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>10.75 Hours</i>

# 5 Steps to Sleep Success!

## Step 4 – Sleep Associations

Identifying the sleep associations which could be causing your little one's sleep challenges is so important, below I am going to go over the most common sleep associations and a couple of ways we can start to remove them.

Sleep Associations:

- Feeding to Sleep (most common)
- Rocking/Patting/Swaying
- Stroking/Hand holding

Feeding to sleep is the most common sleep association I come across as a sleep coach, and you haven't done anything wrong in doing this, as it is completely natural, that as a newborn, you feed and your baby goes to sleep, this then just carries on as they get older, there is also a stigma and a misconception that you need to feed them for them to go to sleep.

So how do I start to remove this –

By feeding to soothe, offer your baby a feed before their nap and before their bedtime, however, only offer it to settle or soothe them, once calm, place into their cot. This step initially may need to be repeated multiple times, the aim is to teach them that they can and will be fed, but we need to teach the other methods to get them to sleep.

The aim is to follow the same principal for the other associations, if your baby is rocked, patted, swayed, stroked or you hand hold, do these to settle and soothe and to ensure they are calm, once calm lay them down. Stay with them, use shushing to send them off to sleep.

**The hardest part is identifying them, so well done for doing that!**



# *5 Steps to Sleep Success!*

## Step 5 – Consolidation

You should now have read and learnt about the 4 steps you need to get your little ones sleeping soundly in the day. However the 5<sup>th</sup> and final step is to put it altogether.

Each step on its own is an achievement. Well done!

When you then put all the steps together this is when the magic happens! Your little ones will be so rested in the day, that bedtime will be a breeze, you will be actively teaching them self-settling by slowly removing those associations, mixing it with the perfect sleep environment and routine, we are moments away from sleeping soundly all through the night!