

6 Top Tips for a sleep-conducive bedtime



Baby2Sleep



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Hi There,

I'm Nicole and I'm happy to share this free ebook with you.

I am a mum to 2 beautiful girls, Sofia (5) and Alyssia (1), and I support parents suffering with sleep deprivation due to their baby or child struggling to sleep well.

I started studying the complex nature of baby and child sleep after a very difficult start with Sofia and her thinking sleep was something only other babies did, and I fully empathise with what parents go through when babies are reluctant sleepers.

I want to re-introduce sleep into your life, and to help you find a sleep routine that works for you, your baby and the whole family.

Let's do this!

NICOLE RATCLIFFE



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6 TOP TIPS FOR A SLEEP-CONDUCTIVE BEDTIME

1: WAKEFUL WINDOWS

2: HAVE A SET BEDTIME

3: TURN OFF SCREENS

4: CALM DOWN TIME

5: BEDTIME ROUTINE

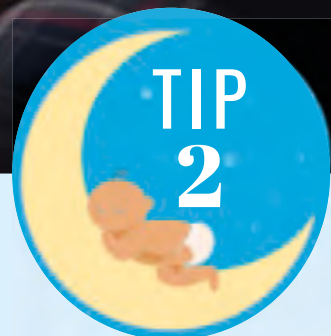
6: BEDROOM LIGHTING





KNOW YOUR BABY'S WAKEFUL WINDOWS

Try not to let them go over their maximum window between their last nap and bedtime. Don't be afraid of an early bedtime if naps have been a little on the skimpy side. It is always easier to get a tired baby to sleep than an overtired baby.



HAVE A SET BEDTIME

Have a set time to aim for when putting your baby to bed, this helps set their circadian rhythm (body clock) and tells the brain when to produce melatonin, the sleepy hormone.

Melatonin tends to start releasing around the same time each night in the run up to bedtime.

Most parents are pleasantly surprised to find out that they don't need to be afraid of early bedtimes on poor nap days as it helps them catch up on the restorative sleep and may even produce a later wake up than an early rise.

You just don't want to do it every day or you could end up setting early bed as their new bedtime and it loses its magic.



TURN OFF SCREENS

Dim the lights or close the blinds/ curtains downstairs 30 minutes or so before you plan to start their bedtime routine.

This is to help melatonin production as it only starts to produce 1-2 hours before bedtime and in dim light.

Make sure there are no TVs or screens at least 1 hour before bed as the blue light produced can suppress the production of melatonin.

CALM DOWN TIME

Don't be afraid to let your child blow off some steam before bedtime but finish up with some calm down time, maybe stories for the older babies.



BEDTIME ROUTINE



Have a bedtime routine that consists of the same things happening in the same order each night in the run up to bedtime.



Have a bedtime routine that lasts somewhere between 30 and 45 minutes, starting in the bathroom and moving to the bedroom your baby will be sleeping in.





BEDROOM LIGHTING

Try to avoid bright lights in the bedroom and use a softer bulb while getting them ready for bed.

If you are going to use a night light, the best colour to use is red as it is the least likely colour to disturb sleep.

DO YOU NEED MORE HELP?



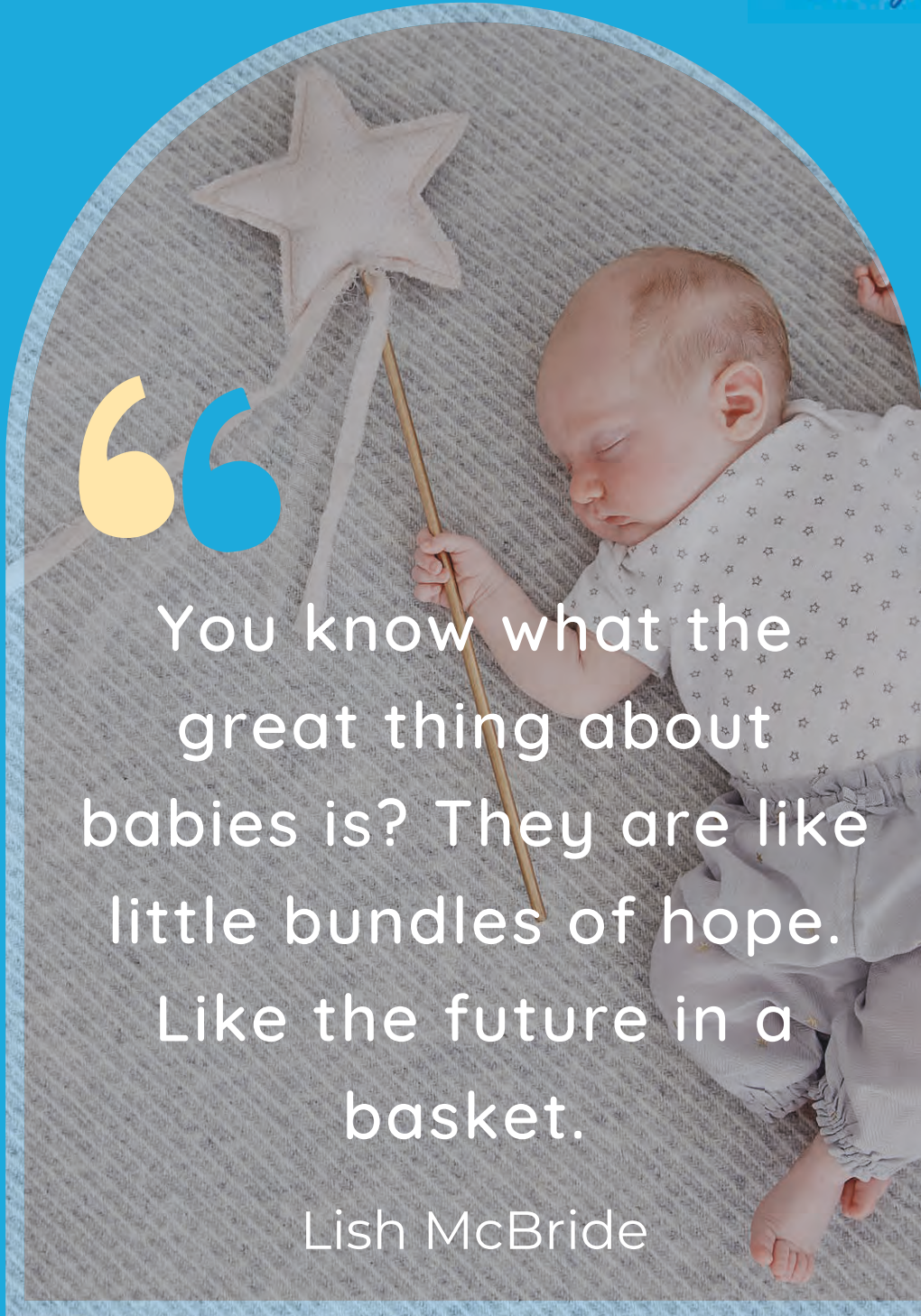
If you are still struggling with your baby's sleep, you can book a 15-minute free call with me, or take a look at our age-appropriate video sleep plans with optional online support.



SEE THE SLEEP PLANS

Please follow me on social media - I provide lots of tips online and there is a community of mums just like you





You know what the
great thing about
babies is? They are like
little bundles of hope.
Like the future in a
basket.

Lish McBride





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