

Early Rising

Common reasons:

- Bedtime too late
- Gap between last nap and bedtime too long
- Overtiredness (nap transitions)
- First nap too early (before 8:30am)
- Naps too short or infrequent - not enough daytime sleep
- Total sleep hours in 24 hours too high
- Leaps/teething
- Environment - too light in the morning, too warm/cold
- Unrealistic expectations: Babies internal wake times are generally between 5 and 7am. We often have unrealistic expectations of total amounts of sleep in 24 hours

SHERRI MORRIS - FAMILY SLEEP SUPPORT

SOLUTIONS

Earlier Bedtime
<8pm
6-7:30pm ideal

- Shift bedtime 15 minutes earlier for 3 nights, then another 15 minutes for 3 days until early wakings resolve

Cap naps

- Decrease one nap by 30 minutes
- Last nap of the day no longer than 30 minutes.

Reduce last wake window

- Keep gap between last nap and bedtime no longer than your baby's maximum wake window

Environmental changes

- Room should be pitch black until desired wake up time
- Room temp between 64-70 degrees
- Exposure to sunlight in morning
- Avoid sleep associations that may stimulate baby
- Add white noise

Food/nutrition

- Demand feed overnight
- Consider a dream feed before bed or during the night
- For younger babies who are just starting solids move meals to earlier in the day to prevent digestive issues waking baby up
- Older babies and children - Snack before bed - sleep inducing foods

IF YOU RESOLVED OVERTIREDNESS BUT STILL CANNOT GET LATER MORNING WAKEUPS: SHIFT BEDTIME LATER BY 15 MINS FOR 3 NIGHTS, THEN 15 MINS LATER FOR ANOTHER 3 NIGHTS. CONTINUE DOING THIS UNTIL YOU HAVE LOCKED UN YOUR IDEAL WAKE UP TIME. (THIS GENERALLY WORKS WELL FOR LOW SLEEP NEEDS BABIES)