## **False Starts**

Waking after 30-45 minutes of laying down for bedtime

Common reasons:

- Baby is uncomfortable (Troubleshoot this first)
- Sleep rhythms are unbalanced
- Baby is overtired
- Wake window too short before bed

SHERRI MORRIS - FAMILY SLEEP SUPPORT

## SOLUTIONS

Baby is uncomfortable	<ul><li>Room temp too high or low</li><li>Gassy tummy</li><li>Food sensitivities</li></ul>
Balance sleep rhythms	<ul> <li>Learn appropriate wake windows for your baby's age</li> <li>Adjust daytime wake windows</li> </ul>
Baby is overtired	<ul> <li>Increase length of first nap of the day by contact napping, wake to sleep, feeding back to sleep</li> </ul>
Increase last wake window	<ul> <li>Cap last nap of the day at 30 mins (if baby takes 3+ naps)</li> <li>Increase last wake window by 15 mins by capping nap or later bedtime</li> </ul>

WHEN DEALING WITH FALSE STARTS TROUBLESHOOT BABY BEING UNCOMFORTABLE FIRST. IF FALSE STARTS ARE CHRONIC WORK ON DAILY RHYTHMS ADJUSTING NAPS AND WAKE WINDOWS.