

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

SOLUTIONS

Baby is uncomfortable

- Room temp too high or low
- Gassy tummy
- Food sensitivities

Balance sleep rhythms

- Learn appropriate wake windows for your baby's age
- Adjust daytime wake windows

Baby is overtired

- Increase length of first nap of the day by contact napping, wake to sleep, feeding back to sleep

Increase last wake window

- Cap last nap of the day at 30 mins (if baby takes 3+ naps)
- Increase last wake window by 15 mins by capping nap or later bedtime