

Short Naps

Common reasons:

- Developmentally appropriate for babies under 9 months to have short naps
- Genetics - 20% of babies will always be cat-nappers
- Overtired
- Undertired

SOLUTIONS

Developmentally appropriate

- Until baby is down to 2 naps a day it is very common to have short naps

Lack of sleep associations

- Provide many sleep associations for baby: dark room, white noise, lovey (if older than 12 months), paci, etc

Overtired

- Decrease wake windows by 15 minutes

Undertired

- Increase wake windows by 15 minutes

To extend a short nap...

- Wake to sleep - rouse baby slightly 5 mins before normal wake time to reset sleep cycle
- Contact nap/feed baby
- Try to resettle baby quickly when they start to wake
- Stay consistent with nap routine and nap location
- Nap baby in a carrier