Split Nights

Common reasons:

- Total amount of daytime sleep is too high
- Bedtime is too early

SOLUTIONS

Later bedtime

 Shift bedtime 15 minutes later for 3 nights, then another 15 minutes for 3 days until split nights resolve



Earlier wake ups

 Shift morning wakeup 15 minutes earlier for 3 days, then another 15 minutes for 3 days until split nights resolve



Cap total daytime sleep

 Reduce nap total by a half hour for 3-4 days, then another half hour until split nights resolve

SHERRI MORRIS - FAMILY SLEEP SUPPORT

WILL TAKE 5-7 DSYD GOT THINGS TO START TO RESOLVE

CONTINUE TO CONDENSE NIGHTS (EARLIER RISING/LATER BEDTIME) UNTIL SPLIT NIGHTS
DISAPPEARD