

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

or

Cap total daytime sleep

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