

Sleep Environment

Your baby's sleep environment can play a huge part in their sleep. Think about it like this... if you woke up in the night and you were cold, or you didn't know where you were, or there was a party going on next door. These are all things which you would immediately rectify.. but what does your baby do? Well they let you know.. they cry.

So we want to optimise our baby's sleep environment.. make it the best it can be to help them get a good night's sleep. That means dark (with a small amber night light), warm enough (between 16-20 degrees) and white noise playing consistently.

The main one here is the temperature. The temperature normally drops throughout the night, which means the temperature in your baby's room at 7pm will be slightly different (normally warmer) than it is at 4am. Make sure your little one is dressed accordingly.

Check out my temperature guide [here](#) for more information.



Overtiredness

I wanted to put something in about overtiredness, because the phrase gets thrown around SO much in the sleep world. Google anything to do with your baby's sleep and I guarantee it will say 'overtiredness' is the culprit.

What these websites are saying, is that overtiredness is when your baby is so tired and overstimulated, that they won't sleep. This simply isn't the case. A tired baby WILL sleep. Might they be a bit grouchier? YES.. absolutely! I get cranky when I'm tired and I'm a fully functioning adult with a fully developed brain. A baby will express it in a different way - tears or tantrums (for the older kiddies).

What I am saying is, PLEASE don't fear this mythical state. It isn't something that happens. If your baby is waking up early, there will be a reason other than they are 'too tired'.

Undertiredness

This is actually the more common form of early starts. Effectively what I mean by 'undertiredness', is that your baby is getting too much daytime sleep that they don't need as much at night.

The key is to work out how much sleep they need per 24 hours and then go from there. You will generally find it's somewhere between about 11-15 hours of sleep per 24 hours (obviously this depends wildly on the baby's age). But play around. If your baby does 10 hours a night, then work out what works well for them during the day.



Wrong Bed Time

Another hugely overlooked issue is the TIME your baby goes to bed. Again, the internet will convince you that a baby MUST sleep for 12 hours a night.. nope! More like 10/11 hours (if you have a 12 hour a night sleeper, then I envy you). But often I see parents put their baby to bed at 6:30, only for them to wake at 5am. Again, let's not fear overtiredness. Push that last window before they go to bed - they're not going to explode. In fact, sleep pressure is what we want. We want them to be tired enough to do a nice long stint.

Experiment with different bed times, but remember to always give it a bit of time. Don't put them to bed at 8pm one night and then 7pm another. Be consistent for a good few days before you switch things up further.

Need some more support?

You can book a FREE intro call with me to discuss your little one's sleep and see how I can help.

Find a slot

