



the sleep sisters

Fall back..

The Autumn clock change

The Clock Change

On Sunday 30th October 2022 the clocks will go back an hour, so we will all loose an hour's sleep. A scary thought just in time for Halloween! No one looks forward to a 5am start.

What can you do to prepare?

There are a few ways you can help your little ones to prepare for the upcoming change. Here's what to do:

1. Do absolutely nothing! You can put your little one to bed at the usual time, wait for them to wake up naturally and then just go with the flow. This tends to work best for babies who are quite flexible and adaptable. It might mean an earlier start on Monday morning, but it doesn't involve any other work.
2. Gradually change their schedule over a few days to prepare for the clock change and encourage them to wake later on Monday morning.
3. Rapidly change their schedule the night before the clock change to try to get them to sleep later in the morning.



The Gradual Change

Let's first look at the gradual change method. This is preparing your little one in advance over the course of a few days, and works well for more sensitive sleepers.

Here's how it works:

- On Wednesday 26th put your little one to bed 15 mins later than usual
- On Thursday 27th put your little one to bed 15 mins later than the previous night
- On Friday 28th put your little one to bed 15 mins later than the previous night – by this time you are 45 mins later than their previous bedtime
- On Saturday 29th put your little one to bed a whole hour later than their previous bedtime was

You may find that over the days you make the adjustment your little one is sleeping a bit later in the morning, that's absolutely fine.

On Monday they will hopefully wake at their normal time again, as the clocks will have gone back, and you can continue with their usual routine.

If you choose this method you will need to adjust naps and feeds as you go as well.

The Rapid Change

The rapid change method only requires you to make an adjustment on one night. Here's how it works:

- On Saturday 29th put your little one to bed a full hour later than usual

This method may require you to give them a longer nap in the day to prepare for the later bedtime, depending on their age.

If doing one full hour on Saturday seems too much, but the gradual change isn't your preference, you can also try doing bedtime 30 minutes later on Friday night, and then 30 minutes later again on Saturday night. This splits the change over 2 nights instead of doing it all at once.

What if your little one still wakes early?

If you still have a super early wake try not to rush in immediately. Give your little one some space to see if they'll drop off again. Make sure to keep things dark and quiet to signal that it's not quite time to get up!

Adjusting to the change

It shouldn't take too long for you to adjust to the clock change.

There are some things you can do to help the whole family:

- Get plenty of fresh air and daylight during the day
- Avoid “blue light” from screens in the lead up to bedtime – it’s extremely disruptive to our body’s natural preparation for sleep
- Keep wind down and bedtime routines the same as before the clock change
- Use blackout blinds in your sleep space – remember it will be lighter an hour earlier in the mornings, and you don’t want to be woken by daylight creeping into the room
- Eat at regular intervals (adjusted to the new time) to encourage your body to adjust