



**Sweet Babydreams**  
SLEEP COACHING FOR BABIES + TODDLERS



**3 SIMPLE STEPS TO  
A BETTER NIGHTS SLEEP**

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# 1.

## NAPS ARE IMPORTANT

Naps during the day are really important, especially naps longer than an hour, as they are more restorative than short catnaps. Although it may not seem like it, a lot happens while your child sleeps. Their bodies grow and heal, the immune system is strengthened, memories are consolidated, emotions and experiences are processed, stress decreased, while brain connections and new skills are developed. Research shows that even a slight deficit in sleep can negatively impact a child's development, learning ability and later academic competence significantly. Well-rested children are more capable of handling their emotions well and concentrating for longer periods of time. A deficit in sleep during childhood has even been linked to decreased physical health later in life.



Look at the chart below to see how much sleep on average your child needs per day and how many naps they might be taking at different ages:

Age (months)	Hours of sleep per day (excl. night sleep)	How many naps per day
0 - 2	4 - 7	3 - 5
2 - 4	3 - 4.5	3 - 4
4 - 6	3 - 3.5	3
6 - 9	2.5 - 3	2 - 3
9 - 12	2.5	2
12 - 18	2 - 2.5	1 - 2
18 - 24	1.5 - 2	1
24 - 26	1 - 1.5	1
36+	0 - 1	0 - 1

# 2.

## AVOID OVERTIREDNESS

Overtiredness leads to higher cortisol and adrenaline levels, which make it difficult for your child to settle to sleep, which in turn leads to even more overtiredness, creating a vicious cycle. Overtiredness can be prevented by ensuring your child's awake-times during the day are age appropriate and by keeping to an early bedtime. Putting your child to bed too late will not help them sleep longer! A good rule of thumb is: sleep leads to more sleep!



### Learn your child's tired signs!

Signs of being **tired** include: decreased activity; slower movements; being less vocal; sucking becomes weaker or slower when nursing; becoming quieter, calmer, or appearing disinterested in surroundings; eyes focusing less; drooping eyelids; yawning.

Signs of being **overtired** include: fussing; rubbing eyes; being irritable and cranky; being more active and vocal; crying.



### BE CONSISTENT

Consistency is a key ingredient to encouraging healthy sleep habits in your child. Constantly changing how you settle your baby to sleep can result in your child feeling confused and insecure, often ending up in more tears.



New habits take at least 2-3 weeks to be established, so don't give up after the first few days of trying out something new. Give it time. And if you still feel unsure about what or how to change something about your child's sleep, contact me today for your Free 15 Minute Sleep Consult or have a look at my sleep packages.



For a complete sleep assessment tailored to your individual situation, including a week or two of ongoing support from me, just check out my various sleep packages on my website.

Peaceful sleep for your whole family is just around the corner!



**View my sleep packages:  
[www.babysleepcoach.ch](http://www.babysleepcoach.ch)**

**Email me:  
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