

# What The Public Ought To Know About Baby Sleep Trainers

*The amount of individuals on social media, particularly Instagram and Goodreads, chattering about **Baby Sleep Trainers** keeps growing from week to week. Tell me your thoughts on **Baby Sleep Trainers**?*

Sleeping through the night is usually defined as sleeping six to eight straight hours overnight. But remember, that's only a fraction of the total 10 to 12 hours (or more) of sleep babies generally need at night, depending on age and stage, in addition to daytime naps. Babies sleep a lot, particularly newborns, and it's not always possible to stay at home all day to ensure every nap is lying flat on their back in their cot or Moses basket - as the experts recommend. If you're like most parents, one day blurs into the next. So before you start shifting your infant's schedule, keep a daily wake/sleep diary for several days. This will help you quickly identify your infant's typical pattern. Sleeping in the same room encourages breastfeeding, is known to help baby sleep for longer stretches and can also help reduce the risks of Sudden Infant Death Syndrome (SIDS). Parents may think that elevating the crib mattress to relieve symptoms of reflux is safe, but it is not, nor are any types of sleep positioners or wedges in a crib. Furthermore, however safe the crib may be, any new parent can attest to the fact that all babies will end up sleeping in many other places. Routinely putting a baby to sleep on the stomach raises her risk of SIDS about fourfold. But SIDS risk jumps even higher (eight- to thirty-seven-fold) when young babies (under four months) are put to sleep on the back but accidentally roll to the stomach.



If you're not sleeping at the same time as your baby, don't worry about keeping the house silent while they sleep. It's good to get your baby used to sleeping through a certain amount of noise. Your baby should wake up in a good mood and then entertain herself in her crib without crying until it is time to start the day. In other words, the baby should not wake and then immediately scream for the parents to run into the nursery to pick her up out of the crib. During the night keep things as calm as possible, talk quietly and avoid over stimulating your baby. By contrast, during daytime feeds, chat and sing to your baby and keep the environment light and bright. Regular naps are an important part of a newborn sleep schedule. Use a guide of 45min awake time before putting your little one down to sleep again. This will help prevent baby getting overtired and over-stimulated. Having a baby is a steep learning curve and aspects such as [ferber method](#) come along and shake things up just when you're not expecting them.

## **Make Night And Day Different**

When you've got a newborn baby, an energetic toddler or a young child, it's easy to feel as if getting eight hours sleep a night is just something that happens to other people. Some babies learn how to fall back asleep on their own, while others may need some nudging with the help of sleep training. This could happen at any age past 4 months. Turn the TV off and settle down to some quiet time with your baby before you start your bedtime routine. Exposure to light from the TV, computers, Ipads and mobiles, inhibits the release of melatonin, a hormone released by the

brain that helps your baby to sleep. Instead, sit quietly and look at picture books together or read a story. Sometimes it can feel like the only thing predictable about newborns and young babies is their unpredictability, particularly when it comes to nap-times. At around 6 months, babies may begin sleeping for a longer time at night. Caregivers and babies may start settling into a sleep routine, and babies typically take naps around the same time each day. Disruptions in this routine and similar environmental shifts may affect sleep. A sleep expert will be with you every step of the way, guiding you on how best to find a solution to your sleep concerns, whether its [sleep training](#) or one of an untold number of other things.

It's normal for new babies to only sleep for two to three hours at a time through the night as well as during the day. One reason is that newborn babies aren't tuned into day and night yet. At night, you want to create a quiet sleep oasis for your baby to rest in. Make sure the room is dark enough for your baby to sleep, but use your personal preference. Some parents like it pitch-black dark because they find night-lights wake the baby throughout the night. Some parents like a small night-light or two. You can start to establish a bedtime routine as early as 3 months old; but using sleep training methods intended to overcome specific sleep issues – such as waking in the night or being unable to fall asleep alone – isn't recommended until at least six months after your baby is born. Many parents notice sleep problems begin around 4 months, when babies become more mobile and their sleep patterns change, and again around 8 or 9 months as separation anxiety increases. Few babies sleep through the night. That might not be much comfort, but it lets you know you're not alone! Once your wee one gets to 2-3 months old you can start to get them into a routine so they know it's sleepy time. There are multiple approaches to [sleep regression](#) and a sleep expert will help you choose one that is right for you and your family.

## **Ensuring A Safe Night's Sleep For Your Baby**

Your baby's circadian rhythm develops between 6 weeks-3 months old. This is your baby's "body clock" and it's what causes him to sleep more at night and less during the day. Much of this development is pre-programmed, but there are certainly things you can do now to encourage your baby to consolidate his night sleep. Especially if your 1-2 month old is awake for hours in the night. If your baby seems to cry inconsolably, don't blame yourself. Learn about infantile colic, and consult with your pediatrician. All babies cry, but some babies cry excessively for no apparent reason, and that can make nighttime especially stressful. Newborns will sleep and wake sporadically throughout the day and night, waking for feeding primarily. But being too hot or cold, uncomfortable or in need of changing can also wake a baby from their sleep. Just as daytime parenting is a long-term investment, so is nighttime parenting. Teach your baby a restful attitude about sleep when they are young. By doing this, both you and your children will sleep better when they are older. Sleep is essential for good health, growth and brain development. Problematic sleep is one of the most common discussions in relation to new babies and lack of sleep for parents can be really challenging, but what is 'normal' and when do you need to ask for help and support? If you need guidance on [gentle](#)

[sleep training](#) then let a sleep consultant support you in unlocking your child's potential, with their gentle, empathetic approach to sleep.

If despite your best sleep schedule your little one continues to wake with hunger during the night, try boosting her daytime calories and adding a dream feed to prevent night waking before it happens. So even if your baby is snoozing well now, don't brag about it to your friends. Big changes (weaning swaddling, growth spurts, poop changes) are coming soon that can totally disrupt her slumber (and yours!), and make your little sweetie start waking every three hours—like a newborn—all over again. Even if your baby is sleeping well without it, I strongly advise you to use rumbly white noise for all naps and night—about as loud as a shower—to help her sleep even better and to prevent the sleep struggles that so often are suddenly triggered by teething, growth spurts, and so on. Do put your baby to bed in his own crib or bassinet. Don't bed-share. This is when babies and parents sleep together in the same bed. Bed-sharing is the most common cause of death in babies younger than 3 months old. Keep your baby's crib close to your bed so your baby's nearby during the night. The American Academy of Pediatrics (also called AAP) recommends that you and your baby sleep in the same room, but not in the same bed, for the first year of your baby's life but at least for the first 6 months. While adults can sleep straight through the night and usually don't notice when they wake up, a baby's sleep cycle is shorter by design. Her frequent cycling between REM and non-REM sleep and her physical need for overnight feedings mean she's likely to wake fully or partially several times a night. For [4 month sleep regression](#) guidance it may be useful to enlist the services of a sleep consultant.

## Setting The Stage For Safe And Happy Sleep

It's important to put your baby to bed when he's drowsy, rather than already asleep. This means he'll learn to send himself to sleep as he gets older, rather than relying on you to help him fall asleep. Set up a consistent bedroom environment. Make sure your child's bedroom environment is the same at bedtime as it is throughout the night (e.g. lighting). Also, babies sleep best in a room that is dark, cool, and quiet. Starting at 3 months of age, many babies start sleeping for longer stretches at night — anywhere from 4 to 6 hours — although this varies from infant to infant. By 6 months, two-thirds sleep through much of the night. Babies that are smaller at birth start to sleep for longer stretches when they are closer to 12 to 13 pounds. You can discover supplementary information about Baby Sleep Trainers on this [NHS](#) web page.

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