

3 Quick Sleep Tips



DISCLAIMER:

Always follow the advice of your Doctor or trusted Medical Professional

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1. Dark Room

You child's room should be as dark as possible when sleeping.

Why? A dark room is most conducive for sleep. Melatonin (the hormone that makes us sleepy) releases at night. This hormone is suppressed when there is light, however. Even the smallest amount of light can disrupt it. So add some black out blinds and make it dark! If you prefer some light, red lights do not affect melatonin.



2. Wake Times

A child can only stay awake for so long before they start to get into the overtired territory.

For babies and children, this would then make sleeping well, difficult. So what are wake times? It's how long your child can stay awake in between sleeping, without being overtired or undertired. The timing can vary for each child. Follow the adjusted age for preemies.

1 Month	1 Hour
2 Months	1.25 Hours
3 Months	1.5 Hours
4 Months	1.75-2 Hours
5 Months	2.25 Hours
6 Months	2.5 Hours
7 Months	2.75 Hours
8 Months	3 Hours
9 Months	3.25 Hours
10 Months	3.5 Hours
11 Months	3.75 Hours
12+ Months	4 Hours
2 naps		
12+ Months	5-6 Hours
1 nap		

3. Daytime Sleep

Too much daytime sleep can affect overnight. Children can only sleep a certain amount of hours in a 24 hour period. Again, this can vary a little for each child. The general rule is to wake your child from a nap if they have been asleep for 2 hours. If your child takes more than 2 naps, the later naps like a 3rd and 4th nap, would only be about 30-45 minutes. You can wake them up past that timeframe to preserve night sleep.

1 month	14-17 hrs
2 months	14-17 hrs
3 months	14-17 hrs
4 months	12-15 hrs
5 months	12-15 hrs
6 months	12-15 hrs
7 months	12-15 hrs
8 months	12-15 hrs
9 months	12-15 hrs
10 months	12-15 hrs
11 months	12-15 hrs
12-18 months	11-14 hrs
18+ months	11-14 hrs