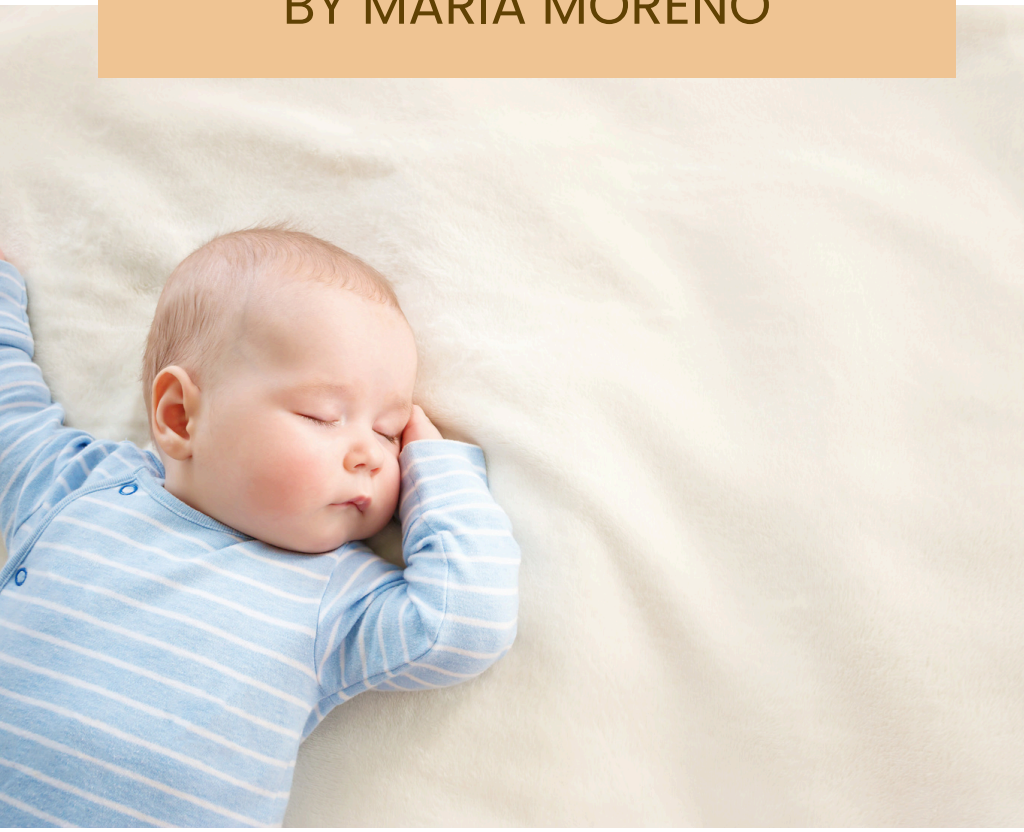


SLEEP GUIDE

5 Steps **TO BETTER SLEEP FOR YOUR BABY**

BY MARIA MORENO



WELCOME



I'm Maria Moreno, a certified pediatric sleep consultant and motherhood life coach. As a mom who struggled with sleep deprivation, I know firsthand how exhausting sleepless nights can be. Sleep is essential—not just for babies but for parents, too. Well-rested babies have better moods, stronger immune systems, and improved brain development. And when your little one sleeps better, so do you!

In this guide, I'll walk you through five essential steps to help your baby develop healthy sleep habits. Whether you're starting from scratch or troubleshooting sleep struggles, this guide will give you actionable steps to create peaceful nights and well-rested days.

LET'S DO THIS!

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DISCLAIMERS

Medical Disclaimer:

The information and advice provided in this guide are for informational purposes only and are intended for use with healthy children experiencing common sleep challenges unrelated to medical conditions. This guide does not constitute medical advice and does not establish a doctor-patient relationship. Always consult your physician or a qualified healthcare professional with any concerns about your child's health, medical conditions, or overall well-being before implementing any sleep strategies.

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WE'LL NEED TO PAUSE SLEEP TRAINING AND CALL THE DOC WHEN:

(ALTHOUGH WE'RE NOT USING ANY HARSH METHODS
AND ONLY TEACHING GOOD SLEEP HABITS, THERE
MAY BE TIMES WE'LL HAVE TO PUT THINGS ON PAUSE.)

- ☐ BABY IS SICK OR NOT FEELING WELL
- ☐ BABY IS NOT EATING WELL OR ENOUGH
- ☐ NOT ENOUGH WET DIAPERS OR CHANGE IN WET DIAPER COUNT
- ☐ ABNORMAL OR EXCESSIVE CRYING
- ☐ BABY CANNOT BE CALMED DESPITE ALL EFFORTS
- ☐ BABY DOESN'T "SEEM RIGHT" (BEHAVIOR CHANGE)
- ☐ SOMETHING DOESN'T "FEEL RIGHT" (MOMMA GUT/INSTINCT)
- ☐ ANYTHING ODD, DIFFERENT, OR WORRISOME

PLEASE NOTE THIS LIST IS NOT EXHAUSTIVE

Step 1

Creating a Sleep-Friendly Environment

A baby's sleep space plays a crucial role in their ability to settle and stay asleep. Here's how to optimize it:

- ✓ **Keep the room dark** – Use blackout curtains to prevent early wake-ups.
- ✓ **Use white noise** – A sound machine helps block household noise and mimics the womb.
- ✓ **Set the right temperature** – Ideal room temp: 68–72°F (20–22°C) for safe, comfortable sleep.
- ✓ **Choose a safe sleep space** – A firm mattress in a crib or bassinet with no pillows, blankets, or stuffed animals.
- ✓ **Dress for sleep** – Opt for breathable sleepwear and a sleep sack for warmth without loose bedding.



Step 2

Establishing a Routine

Babies thrive on consistency. A calming bedtime routine helps signal that it's time for sleep. Keep it simple (20–30 minutes) and consistent every night:

🛁 Bath or wash-up – A warm bath or gentle wipe-down

📖 Quiet time – Reading a short book or singing a lullaby

🍼 Feeding – Ensure they're full but avoid feeding to sleep (if possible)

zZ Bedtime cue – Sleep sack on, white noise on, dim lights

Bonus Tip: Start your bedtime routine at the same time every night!

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Step 3

Understanding Wake Windows

Wake windows (the time a baby can stay awake between naps) help prevent overtiredness (which makes it harder to sleep) or undertiredness (which leads to resistance). Here's a quick reference chart:



- Red eyebrows
- Rooting or nuzzling into you
- Stretching
- Glossy eyes
- Hands by the face
- Staring into space
- Waving arms and legs

EARLY CUES



- Very fussy
- Frantic crying
- Arching back or rigid body
- Rubbing eyes
- Scratching head or face
- Unusually hard to settle
- Pushing away

LATE CUES

Step 4

Handling Night Wakings

Babies wake at night for many reasons: hunger, discomfort, habit, or developmental changes.

Here's how to respond effectively:

👶 **Newborns (0-3 months):** Expect frequent night wakings for feeding; respond quickly but calmly.

🍼 **4-6 months:** Encourage self-soothing by pausing before picking up; wait a few minutes to see if they settle.

😴 **6+ months:** If baby is waking out of habit (not hunger), consider a gentle sleep training method to encourage longer stretches of sleep.

Tip: If baby wakes at the same time every night, try adjusting daytime naps or bedtime!

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Step 5

Common Sleep Challenges & Solutions

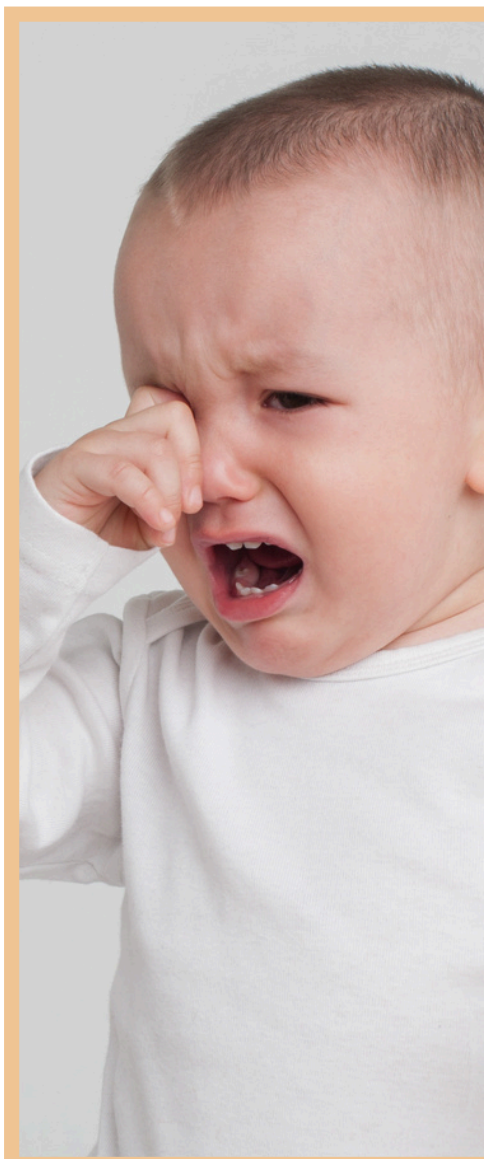
Every baby experiences sleep challenges at some point. Here's how to handle a few common ones:

✗ **SLEEP REGRESSION (4, 8, 12 MONTHS):** STAY CONSISTENT! STICK TO YOUR ROUTINE AND AVOID CREATING NEW SLEEP PROPS.

🦷 **TEETHING:** USE A TEETHING TOY BEFORE BEDTIME AND OFFER EXTRA COMFORT WITHOUT OVERFEEDING AT NIGHT.

🌙 **EARLY MORNING WAKINGS (BEFORE 6 AM):** ENSURE THE ROOM IS DARK, NAPS AREN'T TOO LONG/SHORT, AND BEDTIME IS APPROPRIATE.

👤 **SEPARATION ANXIETY:** INCREASING DAYTIME CONNECTION THROUGH EXTRA CUDDLES, PLAYTIME, AND PREDICTABLE ROUTINES CAN HELP EASE ANXIETY AND BUILD CONFIDENCE IN INDEPENDENT SLEEP.



Bonus

Sleep Checklist

- ☐ DARK, QUIET ROOM WITH WHITE NOISE
-
- ☐ COMFORTABLE, COOL ROOM
TEMPERATURE (68-72°F)
-
- ☐ SAFE SLEEP SPACE (ALONE, ON THEIR
BACK, IN A CRIB)
-
- ☐ CONSISTENT BEDTIME ROUTINE
-
- ☐ AGE-APPROPRIATE WAKE WINDOWS AND
NAPS
-
- ☐ SELF-SOOTHING OPPORTUNITIES
-
- ☐ AVOIDING SLEEP PROPS
(ROCKING/FEEDING TO SLEEP)
-
- ☐ EXPOSURE TO NATURAL LIGHT DURING THE
DAY FOR BETTER CIRCADIAN RHYTHM
-
- ☐ EARLY BEDTIME TO PREVENT
OVERTIREDNESS
-

SUPPORT DETAILS



F/U PHONE CALLS

Phone calls: by appointment

Book a FREE 1:1 Sleep Consultation:
Calendar



BUSINESS HOURS

Text: 7 am - 10 pm

Email: 24/7 (response time 24-48 hr)



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