

Under the Wing Sleep Consultancy

DECODING INFANT SLEEP

Understanding your baby's sleep 0 - 12 months





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I'm Hannah Welcome

As a sleep consultant and a Mum I can assure you that this guide contains all you need to know to give your little one the best opportunity to sleep for long periods at night.

How I can Help *You?*

There are many reasons that your baby may wake throughout the night. Here are the main causes and some helpful hints so that you can maximise your baby's sleep. If you need some more personalised advice then don't be afraid to reach out.



Hannah Quirke



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HUNGER



Whether your baby is breast fed, bottle fed or has started weaning, they may wake up hungry during the night. Here is my top tip for getting longer stretches at night.

Split Feed: A split feed is where you feed your baby before you begin your normal bedtime routine and then top them up again before getting into bed. This ensures that they are nicely full before going asleep and can increase the length of time between bedtime and their night time feed.

Something in their sleep environment could be waking them up. Whether they are in your bedroom or have moved into their own room here are some things that you need to check:

Light: Their room should be as dark as possible. Use black out blinds, close their door and turn off any night light.

Noise Maybe loud noises wake your little one. Maybe there are other children in the house, dogs barking outside, traffic, construction etc. If noise is affecting your babby's sleep consider a white noise machine.

Temperature If your little one is too hot or too cold then they may wake up. Keep your baby's room between 16 and 20 degrees and dress them appropriately.





Discomfort

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Your baby may wake up because of discomfort.

- Maybe their nappy needs changing,
- Maybe they are too hot or too cold,
- Maybe they have a little pain due to gas or
- Maybe they are teething.

By being mindful that these are potential causes for overnight waking you can work through them either ruling them in or out to find the reason.

Developmental Milestones

Your baby may be beginning to roll, sit or even pull themselves to standing. This time in your little one's life is full of exciting change for them. These new skills make going to sleep less appealing as they tend to want to spend some time practising and developing their new skill.



You can minimise this by giving them plenty of floor time while they're awake to practise. If they've done it 100 times already today then doing it at bedtime is less appealing. If they've haven't done it as much as they would like then doing it at bedtime, throughout the night and first thing in the morning seems like the perfect time to practise.

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Sleep Cues

Understanding your baby's sleep cues can make a huge difference. Knowing when your baby is ready to go to sleep compared to your baby being overtired can set the tone for their nap.

You might not notice the sleepy cues because your baby is busy playing but keep an eye out for them and aim to have your baby going for their nap when they're sleepy rather than tired or overtired.



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Sleep Cues



When your baby is sleepy, they might:

- stare
- zone out
- have pinkish eyebrows
- avoid interaction
- be unable to focus

When your baby is tired, they might:

- yawn
- rub their eyes
- become fussy
- pull at their face and ears
- wave their arms and legs

When your baby is overtired, they might:

- cry hysterically
- arch their back
- go rigid
- clench their fists
- become inconsolable

