

Quick Wins

for improving your little one's sleep



luci x

hi! i'm luci



I'm a certified gentle and responsive sleep coach, mummy to two little people and founder of Super Sleepers infant sleep consultancy. I promise...

- **No Cry It Out or Controlled Crying**
- **Respectful and responsive solutions**
- **Evidence based approaches**
- **To respect attachment, child development & mental health**

Becoming a parent is an exciting and transformative journey, but the thought and reality of sleepless nights can feel overwhelming. I can help you navigate your baby's sleep in a way that feels natural, nurturing and aligned with your parenting values so you can feel confident in responding to your baby's sleep needs while getting the rest you need.

I'm so glad you're here to gain a few simple tips to optimise your child's sleep —you're one step closer to making some important improvements to your sleep situation.





1.

Work on sleep timings

Struggling to get your little one down for their nap or bedtime? In my experience, the most common cause of sleep resistance is under-tiredness. A little longer awake will increase levels of adenosine, leading to that feeling of tiredness and readiness for sleep.

Equally, if you feel they are dysregulated due to being very tired – bring the sleep opportunity earlier – see if they settle easier.

Typically, an ideal amount of time it should take for a little one to fall asleep at the right time, is around 15 minutes.





2.

Optimise naps

Know the sleep needs for your child's age but also consider your child as an individual. Too much daytime sleep can wreak havoc with the nights and a little one who hasn't slept enough may be dysregulated at bedtime.

You may want to consider a later bedtime if they are taking solid naps or an earlier bedtime if they cat nap throughout the day. If they are waking early, it may be due to that long morning nap they're taking. If they are struggling to settle for their naps, consider an earlier start to their day or capping any naps which may be causing subsequent naps to be a challenge.

Be confident to experiment with nap times and lengths and see if it has a positive effect. Consider keeping a sleep diary for this.





3.

Sleep hygiene

Sleep hygiene is all about having positive habits for sleep and includes:

- an effective bedtime routine
- consistent start and end times to the day
- turning screens off an hour before bed
- environment conducive to sleep
- plenty of fresh air and exercise in the day
- well spaced meals
- avoiding caffeine in the afternoon and evening





4.

Stress around sleep

Little ones are very perceptive – so step back for a moment and consider your own emotional state at bed time. Is it rushed and stressful? What is your role? How do you use your voice at bed-time? How about your body language?

Your calm, will become their calm. Breathe, use some positive affirmations and lower your shoulders.



feel like you
need more
support?



I've got you! I know exactly how it feels to be in the depths of sleep deprivation, overwhelmed by conflicting information and unsure what to do next.

I offer a range of support options from one-off phone calls starting at £30 to comprehensive packages with 1:1 consultations, weeks of ongoing support and bespoke plans.

At Super Sleepers I'm passionate about empowering and guiding families by offering practical, holistic and gentle support in order to see improvements in their little one's sleep and more.

Let's get you the rest you deserve!

Book your FREE 15 minute call here.

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