



5 reasons your little one might be waking at night

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W elcome!

I'm Luci from Super Sleepers—Infant Sleep Consultancy and I'm so pleased you've chosen to receive my guide '*5 reasons your little one might be waking at night*'.

Aside from being a mummy myself, I am a Level 4 certified **Holistic Infant sleep Coach** and I have helped hundreds of families with **responsive** sleep solutions.

I want you to know you are not alone with your sleep struggles and that there are **effective ways** to approach sleep which don't involve letting your little one cry it out.

The first step is to identify what may be causing your baby to wake at night, so let's dive in....

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Night wakes

As you may already know, no-one sleeps all night without waking. Everyone enters in and out of sleep phases and we all wake at various points throughout the night.

Your baby may sleep soundly in the first half of the night and begin to get restless or wake more frequently in the second half. This is very common and often due to melatonin levels dropping and cortisol rising. However, there can be other causes and there are ways to support your baby with this.

If your little one is waking frequently, such as every hour or they've just begun waking more often than what's considered normal for them, you may be wondering why this is happening. The reasons can depend greatly on the child's age, developmental stage, their health and even their birth.

Let's take a look at 5 **possible** reasons...

Sleep hygiene

Babies, toddlers, children and even adults benefit from a suitable bedtime routine. Some key aspects to consider are:

Timings— is the bedtime routine a suitable length (around 40 minutes) and is it beginning at the right time for your little one? Are they ready for sleep at the end of the routine or are they getting a 'second wind'? They could be too tired and need some help to regulate or they may need to build more sleep pressure.

Association with sleep space—is it a positive one? Experiences in the sleep space should be conducive to sleep. If your baby has a negative association with their room/ cot/crib, it may be worth weaving in some positive experiences before expecting sleep to happen there.

Environment—is their room dark? The right temperature? What noises could be disturbing them? What can they see?

Emotional needs

Attachment is really important for little ones and due to differences in personality and temperament the symptoms of certain emotional needs can vary greatly between individuals.

1. Have there been any changes recently which have affected the attachment with your little one? A new job? Changes to childcare? Expecting or welcoming a sibling?
2. Could your child be experiencing separation anxiety?
3. Does your little one get quality time with you during the day, particularly in the evening and before bed?
4. Are you emotionally available to your child?
5. How much independence is your child getting?
6. How is their emotional regulation?
7. Does your response meet the needs of your child?

Sleep biology

This is a big one as it can vary greatly between children and is ever changing as they get older. Here's a snap shot of what to consider:

Nap opportunities —are they age appropriate in frequency and duration?

Total sleep—how much total sleep in 24 hours is your child getting? Is it age appropriate?

Time spent awake—is your baby getting adequate time to build up sleep pressure? Does bed time need tweaking?

Night waking patterns—have you tried keeping a sleep diary to track sleep and wakes? When do they most commonly happen? How does your child behave when they wake?

Underlying conditions

If everything else seems in place but your gut is telling you something else is up...maybe you've been told your baby has reflux or colic...perhaps your child is mouth breathing or snoring...does your little one seem uncomfortable? If so, there could be an underlying condition. Some possibilities could include:

- Tongue tie or feeding problems
- Vitamin deficiency
- Sleep pathology issues
- Allergies
- Skin problems

This is not an exhaustive list and if you suspect an underlying medical or health condition, you should speak with a healthcare or medical professional.

Sleep skills

If other aspects of the big picture have been ruled out, you may need to consider supporting your child with their sleep skills. This can be done in a responsive manner and you may want to think about the following...

Location—where is your little one falling asleep? Do they wake wondering where they are?

Person—could your baby be searching for a specific caregiver when they wake?

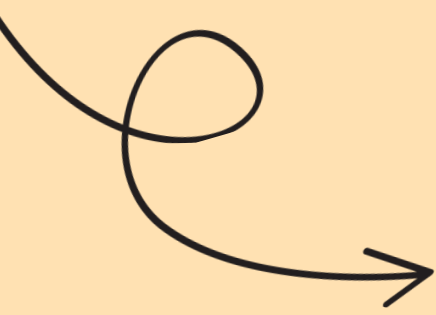
Response—how do you respond when your baby or child wakes? Is this what they're searching for? Is this manageable for you?

Now what?

Now you've got a great overview of some of the possible causes of your baby's night wakes.

If you're still feeling a little unsure about the changes you need to make to get a more restful night, book in for a **FREE discovery call** with me so we can discuss **your struggles** and move towards a more **restful night**.

Luci Xx



Book your call

“ Super Sleepers was just what I needed. Luci is very **knowledgeable** and thorough in her approach. She encouraged me to follow my **instincts** and provided a couple of schedule options to choose from that would suit my baby and our family's lifestyle. Luci was **supportive** of my **responsiveness** to my baby's needs and encouraged a gentle approach with smart schedule adjustments. My now **9 month old** is now **sleeping through the night from 8pm-7am**. ”

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