



**The Baby Sleep Solution
Audio Transcript**

www.BabySleepSolution.com

1. Introduction

Welcome to the Baby Sleep Solution audio program. I am sure that this is one subject you always hoped you wouldn't need to seek information on, but having faced night after night of very little sleep you are now looking to find a solution. Well, I'm pleased to tell you that a solution does exist and your baby **can** learn to sleep throughout the night, every night.

A word of warning though, before we start. There is not just one single solution to this problem that every parent can follow and will always be successful. Every baby is different, and the technique that will help one child to sleep will not help another at all. Thankfully though, in this audio program there are a large number of techniques and tips that you can try until your baby is sleeping soundly every night. Before you start however, you and your partner, have to agree to be committed and work at this until you achieve success. It does require some effort and planning on your part. The more motivated you are to make the system work, the more successful you will be.

Here's a notice that I have to include for legal reasons:

The information in this audio is for educational and informational purposes only. It is NOT intended to replace medical advice from your physician or paediatrician or other trained health care professional, and you should consult a doctor or physician before making changes to your child's sleep routines. It is further recommended that you seek the advice of a physician regarding any matters which may require medical attention or diagnosis. Child sleep disorders **can** be caused by medical problems and you should always seek medical advice from a doctor for any medical problem or perceived medical problem. Use of this audio and the advice and information contained herein is at the sole discretion and risk of the listener.

2. How to best use this audio program:

The great thing about listening to this program on audio is that its quick and you can listen to it anywhere. If it was a 150 page book for example you would need to be able to sit and read for quite a few hours to plough through all the information. But this audio is short and to the point and you can listen to it anywhere. On your computer, in your car on the way to work, even as you're playing with your baby. I'd therefore suggest that you listen to it several times. Firstly, just relax and listen to the entire program

Because it just contains the most effective techniques to get your baby to sleep and is NOT filled with "information padding" that you don't actually need but is often included to make a book thicker, it will only take you around thirty five minutes to listen to the entire program.

On this first listen through, start to think about which of the tips and techniques appeal to you and that you could implement straight away. Next, have a second listen through and make some notes of the techniques you are going to implement immediately, the audio is separated into chapters so you can easily just listen to the chapters you need several times if you wish. Then get to work and implement the techniques you have learned. No-one will get any more sleep just by you listening to this program You need to choose a technique, commit to trying it for a week or ten days and then get on with it!! If you can do that, then soon your baby will be getting the full nights sleep that he or she and you richly deserve.

3. How Much Sleep?

I'm sure you already realise that it is essential that your baby gets plenty of sleep. As well as for your own sanity, it has been shown in studies that children who do not get sufficient sleep do not tend to be as good at learning as those who do get sufficient sleep. A lack of sleep at a very young age can also lead to behavioural problems as the child gets older.

So first let's consider how long **should** your baby be sleeping?

This can vary much from child to child. Here are some figures for the average time that babies of certain ages are expected to sleep. However, as they are averages, some babies may sleep for up to three hours more or less than the average figure and still be getting what is considered normal amounts of sleep. If your child is sleeping for significantly more or significantly less than the average, it would be wise to consult your doctor or paediatrician to put your mind at rest.

According to recent studies, for a baby less than one month old, an average of eight or nine hours night's sleep should be expected although these won't be consecutive hours due to your baby's need for a feed every 3 to four hours at this age. A further six to eight hours in naps during the day should also be expected.

At the age of three months, around 10 hours of sleep at night and naps of up to five hours in total should be expected.

At six months, an average of 10 hours nights sleep should be expected with up to four hours in naps.

At 12 months, a baby will normally average, around 11 1/2 hours sleep at night with typically 2 1/2 hours of naps during the day.

At two years, an average of 11 hours sleep at night, should be expected, with possibly just one nap of around an hour and a half.

And at three years a typical night's sleep would be an average of 11 hours, but by this stage, daytime naps will very likely have reduced to just an hour, or possibly right down to zero.

4. Sleep Tips 1 to 5

So, now we've looked at how much sleep your baby should be getting, let's have a look at how you can achieve this.

Later on in this audio, I'll be detailing five major techniques that have all been successful in getting babies to sleep for countless families. You'll initially need to choose just one of these techniques, the one that suits your circumstances best, and give it a try for a week or 10 days. However, before the major techniques, here are some easy tips and adjustments that you can make right now. The more of these you can implement the better, because even though they're very simple and quick to do, many parents have seen dramatic improvements or even a complete solution to their baby sleep problem.

So, let's get started:

Routines and Schedules

Routines and schedules are very important for your baby. The more you can get into and keep to a fixed daily routine, the more chance you have of your baby staying with that routine and sleeping through the night. Here are a few tips to help your baby get into a routine:

1. Try to have set times each day for nap times, and for bedtime. This helps to train your baby's internal clock, and teaches them to prepare for sleep at set times each day.
2. Help your baby to differentiate between night and day, sleep time and wake time, by making sure that he or she is exposed to less light as it gets towards sleep time.

You can easily do this, by making sure that in the morning, all curtains are opened fully and blinds drawn and some lights turned on if needs be. As it gets towards sleep time, you can then start to remove some of these sources of light and make your house darker.

3. This idea may sound strange, but it will also be beneficial in getting your baby to sleep if you act very differently when you are with him or her at night compared to during the day. In the daytime, you want your baby to be awake, alert and learning about their surroundings. You should therefore be fun, entertaining and lively toward your child. At night, however, you should be completely the opposite, quiet, un-entertaining and possibly even boring.

4. Make sure that your baby goes to sleep in the same environment every night. As much as possible, when your baby is going to sleep, he or she should hear, see and even smell the same things every day. It will be much easier to get them into a routine if they always go to sleep in their bedroom, rather than for example, one day while breast-feeding in the living room, the next day in a pushchair in the kitchen, etc etc.

5. You should also try to make sure that the things your baby sees when he or she awakes, are also the same each time. This is again made easier if your baby always sleeps in their room as you can make sure that their favourite objects stay in their cot, and so are always the first things they see when they wake. The other reason that going to sleep in their own room every night is important, is that it can be very disorientating for a baby to wake up and see sights that are different to what they were seeing when they went to bed. For example, if your baby goes to sleep in his or her bedroom looking at their cot and their mobile, they will be relaxed when they awake to see exactly the same sights. However, if they go to sleep in the living room but then wake up in their cot, this could be somewhat disturbing for them.

5. Sleep Tips 6 to 10

6. Consider introducing a transitional object when your baby is around six months old. This transitional object can be a favourite blanket, a stuffed cuddly toy or some other soft, comforting object. . A familiar soft, warm object such as this can help your child go to sleep, and also give him or her comfort if he wakes in the night. It is important to let your child pick this item themselves. Let them show you which item they like the most and then use this as a transitional object. It could also be an item of clothing worn by the babies mother such as a T-shirt. This would give your baby the comfort of still being able to smell the scent of his or her mum.

7. Create a set bedtime routine that you and your partner follow every day. Your baby will gradually get used to this routine and their body will begin releasing sleep hormones making it much easier for them to fall to sleep. This bedtime routine could include a bath, a slow dimming of the lights, a change of nappy or diaper, placing your baby in their cot or crib, giving them their transitional object, reading a bedtime story or singing a lullaby. And then ending with you leaving the room before they go to sleep. Getting your baby into a steady routine will always be easier if both yourself and your partner follow that same routine. This consistency from the both of you will ensure that your baby drops into the routine much quicker.

8. Be careful what you give your child, or do with your child as soon as they awake. Feeding them, nursing them, playing with them or giving them lots of attention as soon as they wake could encourage your baby to wake earlier each day in order to receive that pleasure from you.

9. Try not to let your baby fall asleep while feeding. Instead, get them into the routine of staying awake for a least a short while after they finish feeding. Babies who do fall asleep while feeding, can easily get to the stage where this is what they expect and so will never be happy to go to sleep on their own. In general, the earlier you get your baby into this routine, the easier it will be.

10. Try to create a regular routine for your baby's daytime, including naps, meals and fun and games at regular times. As I mentioned earlier, a regular daily routine helps your baby's body get used to set patterns, which of course will soon include going to sleep at a regular time and sleeping through the night.

6. Sleep Tips 11 to 15

11. If your baby falls asleep somewhere other than their crib or cot, try to leave them at least 10 minutes before moving them. During this first 10 minutes, your baby will be in a very light level of sleep, and so will be easily woken. After 10 minutes, however, they should have dropped into a slightly deeper level of sleep, and so it will be easy to move them without waking them.

12. If your baby is more than six months old, and is still needing a feed in the middle of the night, it is likely that these feeds are for reasons of comfort rather than pure nutritional needs. Consider gradually reducing the amount of milk you offer for night-time feeds, and eventually change to offering water instead. Many babies will quickly get out of the habit of needing night-time feeds with this technique.

13. If your baby is regularly waking during the night, you should check to see if there is a physical reason for this. For example, is their room too warm or too cold, is their diaper or nappy wet or soiled, is the bedroom too light, is there a lot of noise or unusual sounds, or is baby being irritated by what he or she is wearing

14. If your child wakes during the night, and you go in to their room to comfort them, be very careful not to excite them or over stimulate them as this will only wake them even more. Even though it may be the middle of the night and you may have been woken from a deep sleep, you need to try to be relaxed, quiet and reassuring with your child. You could even try calling to your child or singing to your child from outside of their room. This will make sure that they don't get too stimulated by your actual presence in the room but can still hear you and gain comfort from you being nearby.

15. If your child tends to wake very early in the morning, before 6 a.m. or so, you should try not to go into their room too soon if they're not crying for you. Going into your baby too soon could lead to them waking earlier and earlier each day, because they enjoy your company and enjoy you being with them.

7. Sleep Tips 16 to 18

16. A tip for slightly older toddlers with sleep problems. Try to avoid using your child's cot, crib or bedroom as a place for punishment. It is natural for many parents to issue a punishment such as 'go to your room' if a child is misbehaving. However, the child could then build negative associations with the bedroom and make it more difficult for them to then sleep in that room.

17. The shhhhhh technique

Many people would think that before a baby is born it's time in the womb would be a quiet, peaceful time. In fact though, the fast flowing of blood through the arteries surrounding the womb, made it anything but quiet. To recreate this sound at a time when you need to quieten and pacify your baby, try making a constant shhhhhh sound whilst holding your baby. I realise that many people would **automatically** make this sound to attempt to quieten their baby but try making the shhhh sounds quite a bit louder than you would expect. This is then more likely to recreate the noise levels in the womb and should help to calm your baby quicker.

And finally for this section.....

Number 18 and this is very important and something you should definitely do which is Keep a sleep diary.

In this audio program, you will hear many tips that will help your baby to sleep through the night. As we've already discussed, all babies are different and tips that will work for one baby will not work for another. You will therefore need to try different tips, each probably for a week or so to see whether it is having any effect and then decide whether to continue with that tip or to try a different one.

So that you can see exactly which tips are helping your baby progress and which are not, I fully recommend you start keeping a sleep diary. In your baby sleep diary you should keep notes of exactly which tip or technique you are trying, how you have implemented it and most importantly, how your baby has reacted to it and how they have slept. Keeping a diary like this makes it easy to spot patterns and will be quick to show you which tips or combination of tips will help your baby to get a full night's sleep. It is also useful that when your baby's sleep patterns are documented like this, you can easily show the diary to a friend, or even to a doctor if need be. A friend reading the diary, who is slightly detached from the situation can often see things that are glaringly obvious that you may have missed.

Now we'll move on to what I call the five major baby sleep techniques. You'll need to choose just one of these techniques, the one that you feel happiest with, and commit to trying it every day for at least a week or 10 days. At the end of this time, or with luck perhaps after just a day or so, your baby should be sleeping soundly and you will have found your Baby Sleep Solution. If not however, remember that all babies are different and what works for one won't work for another and just move on to trying another major technique for the next week or 10 days

So, let's get started with..... Major technique number one

8. The Wait and See Technique

When it is bedtime, take your baby to their bedroom and place them in their crib or cot. Stay with them until they're settled, but leave the room before they go to sleep. Stay out of the bedroom for three minutes. If your baby is asleep at the end of this time then your job is done. If they are awake, but not crying, then there is no need to enter the bedroom. If your baby is crying, you can now enter the bedroom to comfort them, but you should ensure that once again you leave the room **before** they go to sleep.

Whenever you return to your baby's room, make sure that they have their warm transitional object with them so that they get used to sleeping with it. Again, when you leave the room the next time, wait a full three minutes before returning again if needed.

Every day, you should gradually increase the amount of time you're out of the room. So, on day two, you may decide to leave the room for 3 1/2 minutes. This

method helps your baby to get used to falling asleep on their own instead of needing you with them every time they go to sleep. I can fully appreciate that some parents will not want to try this method, because it means that on occasions, your child will be crying out for the full 3,4,5 minutes, or whatever and that is quite an unpleasant time for both parents and baby. However, I have included it here as a possibility for you to consider, because many parents have had success with this method in the past.

9. The Vanishing Chair Technique

Major technique number two.

This is a very simple technique to try, but on many many occasions, has proved to be very successful. It is most useful for children from six months to two years of age who won't go to sleep in their crib or cot, unless a parent is with them. All you need to do is place a chair next your baby's cot and sit in that chair while you are comforting your baby. Each day, you move the vanishing chair slightly further away from your baby.

Over the course of a few days, the chair should move towards the bedroom door, into the doorway, and then into the hallway or whatever room is outside of the baby's bedroom. You should be careful not to move the chair too far in any one day, but gradually over a week or so, your baby will get used to being comforted without you being right next to them and any fear that they had of being away from you will be gradually eased away. While sitting in the chair, you should be careful not to stimulate or wake your baby further and any physical contact or even talking should be kept to a bare minimum.

10. The NLP Technique

Major technique number three.

You may or may not have heard of NLP, which stands for Neuro Linguistic Programming. But even though it's a very complicated sounding name, it's something that is quite easy for you to put into practice. The idea is that you think of some particular words or sounds that you will only use when your baby is about to go to sleep. This could be a lullaby that you sing, a tune that you hum, a lullaby or relaxing musical track that you play on CD or even just a few relaxing sentences that you say over and over to your baby such as "go to sleep my baby, go to sleep my baby".

The important thing here is that baby only hears these particular sounds when they are going to sleep. It should not be something they ever hear when they are playing or feeding, or just generally during the day. What we want is for your child to associate the sounds solely with going to sleep so it's important that they only hear them at sleep time, and also that the sounds they hear are the same each time. For many parents, a recording on CD is the best option because you can be sure that it will sound exactly the same every single time you play it. When you've chosen the sound that you will use, here is how to best use this technique.

For the purpose of this example we'll assume that you have chosen to play a lullaby CD but you will still follow the same technique, if you decide to sing, or even talk to your baby. For the next week, you should keep the CD player handy at the side of baby's cot at all times. Your selected song or songs, should then be played gently each time your baby is going to sleep. For this first week though, you should be very careful to ensure that it is only played when your

baby actually enters the sleep state. In other words, your baby is not quite asleep but is very close to nodding off. Watch for them fighting to keep their eyes open or a faraway look in their eyes. This is so that your baby starts to subconsciously associate hearing the song with falling asleep.

The magic of this technique is that once the association has been made, possibly after the first week or so, you can start to introduce the music earlier in your baby sleep routine and you'll find that on hearing it, your baby will become calmer and start to fall to sleep. Just be careful that you don't bring the playing of the music too early too soon. The associations with sleep have to be there first or the technique will not work so effectively.

11. The Rubber Band Technique

Major technique number four.

With the rubber band technique, you should firstly go through your entire sleep routine, ending with placing your baby in their cot or crib. You now remain in your baby's room until they are fast asleep and at all times you should stay within their line of vision but, and most importantly, you should not make further eye contact with your child. Some parents do find it very difficult, not making eye contact with their child, but it is important in this technique, and you **can** focus on another part of your baby's body such as shoulder, hand or foot, if it makes it easier for you. Now for the rubber band part of the technique. From now until your baby is asleep you need to move slowly between your baby's cot and the bedroom door. Just walk very slowly from the cot to the bedroom door and then slowly back again - just like you're attached to your baby's cot by a rubber band.

Simply repeat this motion, slowly, over and over again until your baby is asleep. I realise that this may seem very boring to you, and it certainly can be, but it has worked for many many parents - and you can always change it slightly by pottering about in other areas of the bedroom, and quietly tidying your baby's toys or clothes for example. If your baby becomes upset, you can reassure him or her with your touch, a hug or holding a hand but just be sure that A). You don't make eye contact, and B) Your baby remains lying in his or her cot.

This technique works because, without being overdependent on you, your baby builds up confidence in falling asleep without being left alone. You can of course, leave your baby's room when he or she has fallen asleep, but should return and follow the same procedure again, if they should wake during the night. Keep a note in your baby sleep diary of how long it takes for them to get to sleep each time and within a matter of days you should see that you're making some real progress.

12. The Stopwatch Return Technique

Major technique number five.

This is a very simple method which can be very successful. All you need to do is firstly go through your entire sleep routine, ending with placing your baby in their cot or crib, and then explain to them that it's time to go to sleep, say. "Night night" and leave the room. With a watch or stopwatch, you should then time two minutes at which point you should return to the bedroom, repeat your same goodnight message to your baby and then leave again.

Continue to repeat this process every two minutes until your baby is asleep. Make sure that you don't pick your child up when you go into them and be careful to be unexciting and even boring to them each time you go in. This technique works, because your child can go to sleep, safe in the knowledge that you are close at hand and will soon be returning to them.

13. Summary

So, those are the five main techniques for getting your baby to sleep through the night every night. Techniques that have given thousands upon thousands of parents their Baby Sleep Solution I'm sure you are now anxious to get stuck in and get working on some of the techniques for your baby but first, here are a few things you should consider depending on the current age of your child:

Firstly, Up to three months old.

If your child is less than three months old, I have to be honest and admit that there is a limit to how much you will be able to change your baby's sleeping habits at this age. In general, babies at this age need feeding very regularly, and there's little you should do except feed when it is required. It is worth, however, trying to gradually introduce what you will use as the sleep routine for your child. If possible, gently keep your baby awake at the end of feeding until he or she has been put back in their cot but don't worry too much if this doesn't happen for the first two months or so. You can certainly start to introduce some or all of the following that will become their bedtime routine. a bath or wash, a slow dimming of the lights, a change of nappy or diaper, placing your baby in their cot or crib, giving them their transitional object, reading a bedtime story or singing a lullaby and then leaving the room before they go to sleep. Then gradually introduce some of the other tips and techniques when you think your baby is ready for them. Before you know it, your baby (and you) will be getting a full nights sleep every night!

For babies of three months and older.

When your baby is around three months old, this is the perfect time for getting them into a bedtime routine quickly and teaching them to sleep through the night. If your child is older than three-months, the techniques will still work, but it may just take a little longer for you to implement them. I would suggest that you dive in and implement as many of the minor techniques as you can straight away and then when you can, choose one of the 5 major techniques and introduce that as well, making sure that you keep notes in your baby sleep diary, so that you can see how things are progressing.

Routines and consistency are the key to getting your baby to sleep. Whichever tips you decide to try, you should attempt as much as possible to create and maintain a steady daytime and bedtime routine for your baby and then follow the technique to the letter for at least a week or ten days.

Congratulations on reaching the end of this audio program and learning the techniques that will help your baby, and you, to enjoy a full night's sleep every night!

You have now learned all the techniques you need to make this a reality. But only you can make it happen! Now it is time to put what you've learned into action. Don't put it off. Get started today. Now! Be consistent, be persistent, and you'll notice an amazing difference.

Good luck and have a great night's sleep!!!!

Chris Towland