6 Baby Sleep Secrets

Your Gift from The Baby Sleep Solution

www.BabySleepSolution.com
Dear tired parent,

Let me start out this report by sharing a critical fact that's important to remember: If you do what you've always done to get your infant or toddler to sleep, you'll get the results you've always gotten. Yes, things will improve with time but if you are willing to persevere and make some small changes then you could very quickly see some real improvements in your baby's sleep.

This report, and the accompanying audio program, are here to show you that it **IS** possible for your baby to sleep through the night and it **IS** possible for you to lead as normal a life as any parent can!

It will certainly take you a little time to read about the small changes you need to make and then to implement them ....... but isn't it worth just a little time and effort to see your gorgeous child sleeping soundly ....... and for you to get some of your life back?

You can finally catch up on your own sleep. Maybe a little long-lost romance with your spouse. Maybe just spend a relaxing evening of doing absolutely nothing!

I'm going to share with you a system that works. A system that reliably puts your child to sleep, night after night. Simply put, a sleep system that is like having a little sleepy dust that you sprinkle over your child each night to immediately put him or her to sleep.

So let's get started with...

**6 Baby Sleep Secrets**
Secret #1: Your Baby's Sleep Location

It is quite normal for parents, and in particular first-time parents to allow their baby to fall asleep wherever they want to. Sometimes of course, it may seem like a godsend if they fall asleep at all and you would be happy for them to just sleep anywhere!

However, allowing your baby to fall asleep while breast-feeding, in your arms, or even in a pushchair in your living room could be what is causing their sleep problems.

You may well be asking how this could possibly cause sleep problems?

Well, quite naturally, when your baby goes to sleep somewhere that is not his or her bedroom, you will then move them to their crib or cot so they can continue sleeping peacefully. But when your little one then wakes during the night, as most babies do, they will suddenly find themselves in different surroundings to what they expected ..... and this can be very unnerving and scary for them.

As an example, imagine that tonight you were to fall asleep normally in your own bed. Now imagine that, some time in the middle of the night, you awaken.

There's just one thing. When you wake up, you're lying on your front porch and not in your bed! Might you be a little bit out of sorts from this? I certainly would be. But that's exactly what you're doing by letting baby fall asleep in his or her Mother's arms in one room and waking up in a totally different environment!

It kind of makes sense when you think about it that way. So, your best bet on location is for your child to fall asleep in the same place as he or she will spend the night.

All children wake briefly many times during the night ..... this is perfectly normal. If they wake in the same crib, in the same room, with the same
lighting, and the same sounds, as when they fall asleep, they will slip back into sleep much more easily.

So, secret #1 is very simple ....... and something you can try TONIGHT....

When your child is tired, ensure they’re in their own crib, in their own room before they go off to sleep. Even if it means you need to sit in their room for half an hour or so before they drift off, you’ll soon see that this slight change will make quite a difference!

**Secret #2:**
**Develop a Bedtime Routine ...... and keep to it!**

Going to sleep is a habit. And a consistent bedtime routine helps your child develop this habit.

Typically, a good pre-toddler's sleep routine will go something like this: take a bath, have a bottle or breastfeed, burp, and cuddle a bit until tired (but not overtired), lay in bed while still awake, and sleep.

If your child is a newborn, washing his or her face and hands may replace a full bath. Newborns, especially those under about six to eight weeks old, also may like to be swaddled for sleeping. Some experts think this is comforting because it simulates the tight conditions of the womb. I really don't know why it works, but it often does.

For a toddler, the routine is a little different. The need for a pre-bedtime feeding is gone. Toddlers also need more mental stimulation, so stories or lullabies are often a good bet.

A good toddler bedtime routine may look more like: take a bath, perhaps a short playtime, brush teeth, tell some stories while sitting in your lap and cuddling, maybe a goodnight song, and lay in crib while tired but still awake.
Whatever you decide to include in your baby's bedtime routine is entirely up to you ....... A bath is a good starting signal for the routine, some element of relaxed cuddling is helpful, and most of the rest is based on what you need to get done for your child.

Therefore the crux to secret #2 is that when you've developed a sleep routine for your child it is VERY important to keep the routine consistent and to follow it night after night after night. This consistent routine will help your child to quickly develop a regular sleep pattern.

One last point. Dimming the lights somewhat as bedtime approaches is extremely important to regulating your child’s biological rhythms. Light is one of the most important external cues that regulates these rhythms, and one study showed that as little as a single 100-watt light bulb at ten feet was sufficient to disrupt sleep patterns in some people.

**Secret #3: Naps**

Naps are under appreciated tools in the quest for an easy bedtime. While they obviously don't happen at bedtime, they can significantly help or hinder your bedtime experience.

The three main points to keep in mind with naps are: how many naps, how long the naps are, and when they occur.

Typically, your child will be napping three times a day up to around nine months to a year old, two times a day until around eighteen months to two years, and once a day until he or she is about three. As the age approaches during which children typically drop a nap, be aware of signs
that your child is trying to drop a nap, and follow the cues rather than leading him or her.

A good nap should last at least an hour. A newborn will nap around two to three hours, and this will decrease to around one and-a-half to two hours by six months. By one year of age, when a child is typically napping twice a day, the nap time may be around one to one and-a-half hours a day. This will increase somewhat when the second nap is dropped, and there is often a time when one nap is not quite enough but two is too much.

Naptime should occur at roughly the same time of day. If a nap is too late in the day, your child will have problems falling asleep because he or she is not tired. If it's too early, baby may have problems falling asleep because he or she is overtired. Typically the naps should be roughly evenly spaced in the daytime hours, so that each block of waking time is similar in duration.

If your child is very far off on any of these standards, naps may be contributing to sleeping problems at night. Most often problems occur from too little napping and an overtired child. If you think this may be a problem, try to make sure that your child is in a stable place each day at naptime (a moving car does not usually result in good sleep). Try to encourage naps in their own crib if possible. If not, use the same place every day.

Many parents find that a simple change in the number of naps, nap length or nap timing can solve a child’s nighttime sleep issues.

Lastly for this secret, naptime can serve as a good starting place for building nighttime sleep patterns. If your child is at home in the daytime, you can start to implement the right sleep habits at naptime before trying them at bedtime.
Secret #4: An Earlier Bedtime?

If you look at your child before bedtime, say a half hour to an hour before bedtime, do you think he or she could go to sleep at that time? If the answer is yes, you should probably consider an earlier bedtime.

I know that many parents keep their children up later out of a desire to spend time with them when they get home from work. While this time is important, your child’s sleep is even more important.

Unlike adults, when kids get overtired, they don't yawn -- they get active and fussy. The overtired state triggers hormones like adrenaline, and these make it harder to get to sleep, even when very tired. It's a vicious cycle.

In fact, studies have shown that keeping your child up at night can also result in them getting up too EARLY. While this may not make logical sense, it makes perfect sense in terms of sleep logic.

So if your child is getting up too early, or if you think they might be able to go to sleep a little earlier, experiment with an earlier bedtime. If he or she needs more sleep, you'll all benefit from the change.

Children who sleep more are more adaptable, have longer attention spans, are considered easier to manage by their parents, and are more likely to have high IQ's. So if you need more motivation than just eliminating some fussiness to fix your child's sleep problems now, I hope this is it.
**Secret #5: Transitional Objects**

This is the generic term for a favorite blanket, stuffed animal, or other comforting object. Transitional objects are commonly introduced after the child is six months of age, and they may help comfort your child while he or she goes to sleep or on waking in the middle of the night.

The reason these are more important after six months of age is that they are more a mental than physical comfort. Before three to six months, your baby is mostly interested in meeting physical needs.

Transitional objects can be especially useful in dealing with separation anxiety. This fear of being apart from people, especially from Mum and Dad, is one of the more important challenges that parents face when helping their child learn to sleep on their own.

A transitional object can provide some continuity in the face of a difficult and changing world. An infant or toddler may take a great deal of comfort from this consistency--even to the point where it becomes difficult to fall asleep without it.

Many experts suggest that you let your child pick out their own transitional object. It should be crib-safe, but it could be almost anything. A blanket, a stuffed animal, or even Mom's shirt (which a baby may like because it smells like Mom) can work.

When introducing a transitional object, you should have it be part of your cuddling time and story time in your bedtime routine. You should make sure to place it with your child in her crib in a location where he or she can see it. If it's the right object, it won't take too much work to get them to attach to it.
Secret #6: Natural Bedtime and Changing Bedtime

Especially if you have a newborn, it may be hard to distinguish between the different sleep times. At times (or even always) it may appear that nights and days are not a distinction your baby appreciates.

If this is a problem, or if your child's bedtime seems unnaturally early or late, this section is for you.

First, you need to find your child's "natural bedtime". Without worrying about when it "should" be, try to identify when your child's longest sleep segment naturally, or at least typically, occurs. This is the "natural bedtime".

Most children under three years of age who are sleeping through the night go to sleep around 6 to 8 p.m. This may seem really early, especially if both you and your spouse work, but read Secret #4 before you commit to a later time.

In any case, assuming there is a difference between the natural and desired bedtime, you want to move the natural bedtime until it is the same as the desired bedtime.

The tool for doing this is the bedtime ritual (see Secret #2). Once you have a consistent bedtime ritual in place, moving bedtime is easy. Just start adjusting the time when you begin your bedtime ritual, and the rest will fall into place.

How much you can adjust the ritual depends mostly on whether you are moving the bedtime later or earlier. Because the natural body clock for most humans is somewhere between 24 and 25 hours, it is much easier to move it later. I'm sure anyone who has been through both parts of Daylight Savings Time can appreciate that fact.

So, if you're moving bedtime later, you may be able to make changes of as much as one or two hours a day. On the other hand, if you're moving it earlier, you should limit your changes to 15 to 30 minutes a day.
In either case, pay attention to how your child is acting. If you've done this right, you should be able to find clues that your child is ready to go to sleep.

You need to be aware that there is a perfect time when your child can be put to sleep. If you try too early, they will be resistant because they are not tired. If you wait too long (a more common problem), they are overtired and will fight sleep (see more on overtired issues in Secret #4 above).

Signs that your child is ready to sleep may be a slight calming or distant look in your child's eyes, and if you pay close attention you will learn to read his or her signals. As a good bedtime ritual will start to trigger the hormones that bring on the sleep wave, moving the beginning of the ritual will help adjust the timing of the wave.

So, there you have your 6 Baby Sleep Secrets that will start you on route to getting a full night's sleep every night.

I'm sure you'll realize though, that a technique that will work for one baby may have absolutely no effect on another child and that's why I fully recommend you listen to the other powerful baby sleep techniques in The Baby Sleep Solution audio program straight away. You will then have everything you need to completely solve your baby's sleeping problem within just the next few days.

In fact, I'm so confident that the audio program will quickly have your baby sleeping through the night every night, that I'll give you my personal 100% money back guarantee. I totally guarantee success ....... your baby sleeps .... or your money back in full!

Reserve your copy of The Baby Sleep Solution now by Clicking HERE.
Recent emails received from happy parents:

I followed your guide and I'm extremely happy to say that my little boy now sleeps through the night. Many thanks for all the help.
Scott

Hi, I just wanted to let you know that my baby is 1 year old and has only once (for a babysitter) gone to sleep in his crib on his own. Lately he has been waking up 3-4 times a night and always needs a bottle and rocking to go back to sleep. It has been bothering me so much that I took him to the doctor today and I mentioned your program and my intention of trying it and he thought it was a good idea. And so tonite, I tried one of your techniques for the 1st time and my baby FELL ASLEEP ON HIS OWN!!!! It is only one time but it gives me hope for many more nights of easy bedtimes and hopefully no night wakings......at least not every night! I will let my friends and my pediatrician know how well this program works so that they can recommend it to others. Thank you, thank you, thank you!!!!!!
Sincerely, Samantha

Chris, I am astonished at how quickly and easily your tips on good sleep have worked. After just one week of implementing a new routine by myself and my partner, our 9 mth old daughter, Francesca now goes directly to sleep after her 6pm bath and bottle and is not waking until 5.30am for her morning bottle.
Liz

You too can be enjoying a peaceful night's sleep within the next few days!

I look forward to hearing your baby sleep success story.

Kind regards,

Chris Towland

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