



# What is sleep training?

I think like many parents I've always hated the term 'sleep training.' I mean it doesn't sound very nice does it? In fact it sounds pretty scary!

I'm sure in part that's because we've all heard horror stories from parents who have left their babies to cry for hours on end upon the advice on well meaning friends, family or worse still a baby sleep consultant.

So I think you'll be pleased to know that 'sleep training', at least according to me isn't any of these things!

**Sleep training is simply the practice of teaching your baby or child to fall asleep by themselves in their cot. That means no rocking, dummy, feeding to sleep, patting etc. Just putting your baby into their cot calm but awake and letting them drift off.**

The great news is there are lots of different settling techniques you can use to get there! Some settling techniques involve leaving the room for short periods of time and others will have you right next to the cot offering physical and emotional support as your baby learns to fall asleep.

The key to success is choosing a settling technique that suits your parenting style and baby's personality, making sure you feel confident in exactly how to use it (including how many night feeds you plan to offer your baby and what to do after each feed), plus staying consistent!

Depending on your baby's age you might choose a backup plan to fully assist them to sleep after a certain point in time.

All of this should be considered in your planning so you always feel confident and in control.

## Why it works!

### 01 | SLEEP SCIENCE

When you go to sleep at night your brain goes through a series of activity called sleep cycles. As a little newborn these sleep cycles are really disorganised and it's easy to pass from one sleep cycle to the next but between 3-5 months all babies will go through a huge shift in their sleep biology where their sleep will become more adult like. A day sleep cycle becomes 30-45mins long and a night sleep cycle becomes 1.5-2 hours long.

**You might know it as the four-month sleep regression and it's often when sleep associations become a catch 22. They might help your baby to fall asleep but they also start causing your baby to wake up more frequently! From now on your baby, just like you, will subconsciously wake up at the end of each sleep cycle and check that everything is still the same as when they fell asleep before drifting into the next sleep cycle.**

If your baby is assisted to sleep, for example by rocking or feeding, they are more likely to wake up at the end of a sleep cycle fully noticing something has changed and now they are awake they will need their sleep association to be returned in order to fall back to sleep.

For some babies this might mean they wake every 1.5-2 hours throughout the night and need help to fall back to sleep. Or only every nap for a max of 30-45mins during the day.

Other families are a bit luckier - their babies sleep solidly from bedtime to midnight and only start waking in the second half of the night. Why? You have sleep science to thank for that as the first half of the night is categorised by a much deeper type of sleep which means it's easier to move from one sleep cycle and into the next.

Regardless of how many times your baby wakes up, if you have to assist them back to sleep then teaching your baby to fall asleep independently is the simple way around this.

# What else?

## 02 | TIME TO FALL ASLEEP

As your baby gets older you might notice it's taking longer and longer for your baby to fall asleep and fall back to sleep when they wake up in the night - what might have been 10mins of rocking/feeding is now 45mins!

Remember as babies get older it's easier for them to resist falling asleep if something more exciting is going on - and yes, being in your presence is stimulating especially for babies who are very alert.

Once your baby can fall asleep independently you will be able to pop them down in their cot and leave them to roll around, get comfy, jump around, play with their comforters and slowly drift off. There is no issue if it takes 20mins for your baby to drift off (as long as they aren't upset) as long as you don't have to be there!

**In my opinion independent sleep, which is the goal of sleep training, is one of the best skills you can give your baby.**

**Everyone gets more sleep because your baby has the newfound freedom to fall asleep independently and fall back to sleep if they wake mid nap or during the night and aren't due a feed.**

**Imagine if every night you had to rely on someone, or something, to fall asleep and fall back to sleep if you woke in the night, and then suddenly you had the ability to do it all by yourself. That is essentially what you give your baby when they learn to fall asleep independently – the freedom to sleep on their own terms.**

Rachael - Founder of Little Baby Sleep Co

# WANT MORE HELP?

There is an overwhelming amount of sleep advice out there and yet most of the parents I speak to have really struggled to change their child's sleep. I'm honestly not surprised because so much of it is conflicting!

I work with families on a 1-1 basis to help identify

- Why your baby is having difficulties sleeping
- What you need to change
- How to do it in a way that suits your baby's temperament and supports your parenting style

I'm then on hand to support you through the process, tweaking your baby's sleep plan day to day based on how they respond, guiding and giving you the confidence to try new things.

## 1-1 SUPPORT OPTIONS

### SLEEP SUPPORT CALL | £120

Detailed questionnaire, 1.5 hour recorded video call, individual sleep plan and routine

### CONSULTATION WITH 3 DAYS FOLLOW UP SUPPORT | £230

Detailed questionnaire, 1.5 hour recorded video call, individual sleep plan and routine, 3 days whatsapp support from 7am - 7pm, instant reply bedtime support on night 1

### CONSULTATION WITH 2 WEEKS FOLLOW UP SUPPORT | £350

Detailed questionnaire, 1.5 hour recorded video call, individual sleep plan and routine, 2 weeks whatsapp support from 7am - 7pm, instant reply bedtime support on night 1

## REACH OUT FOR A CHAT :)

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