

Can You Understand More About Sleep Consultancies?

*You're reading this article because you want to make sense of **Sleep Consultancies**.*

Most babies fall asleep in their strollers or car seats sometimes. Just aim to consistently put your baby to sleep in his crib at around the same time, even for naps, starting when he's a couple months old. It's important not only to help your baby sleep more soundly, but also to reduce the risk of sudden infant death syndrome (SIDS). One reason why babies are so noisy is their digestive and respiratory systems aren't fully developed yet, so swallowing and breathing takes a little extra effort. They also breathe primarily out of their noses, not their mouths, so if they're the slightest bit congested, you're going to know it. Moving your young infant to a cot from a cosleeper is pretty easy. A couple of weeks before you make the switch, just start a routine of some fun, quiet play together in the crib each day (a little massage is perfect). For infants over six months, it also helps to place a small, silky blanket or cuddly teddy bear in the crib as a lovey (transitional object). And of course, continuing your white noise will create a reassuringly familiar bridge to smooth the transition. All parents should follow back-sleeping from day one. Getting your baby to stick to sleeping on their back once if they have tried sleeping on their front might be difficult, but is made easier if your baby is always put down to sleep whilst awake rather than allowing your baby to fall asleep in your arms. Keep going, they will eventually get used to it. If your well-meaning neighbor says to keep your tired baby awake during the day to boost her sleep at night, don't do it! This strategy may work for adults, but it usually backfires with babies, leading to bigger struggles falling into sleep ... and staying there. If your baby likes you rocking them to sleep or you stroking them as they drift off, night waking could simply be that they naturally wake in the night but are unable to resettle themselves as they are used to you doing that for them.



Starting at 3 months of age, many babies start sleeping for longer stretches at night — anywhere from 4 to 6 hours — although this varies from infant to infant. By 6 months, two-thirds sleep through much of the night. Babies that are smaller at birth start to sleep for longer stretches when they are closer to 12 to 13 pounds. It may help to remember that all babies over 5 months of age wake 4-6 times during the night, as they come to the end of each sleep cycle. This is normal, and also occurs with older children and adults. It's the falling back to sleep that can be difficult. When an adult is sleeping, they will move between four or five different types of sleep, taking between 90 minutes and two hours to complete one cycle of each type of sleep. Babies do the same thing, but they have only two types of sleep - active and quiet, and their cycles are much shorter - a newborn baby will whizz through a sleep cycle in just under an hour. Babies take time to learn this as they go, so do return to them, pick them up, cuddle them and put them quietly back to sleep when they cry. Your baby will learn the ability to self-soothe but will need opportunity to learn this overtime so don't let you or them get stressed trying to push things too fast and too soon. There are multiple approaches to [ferber method](#) and a sleep expert will help you choose one that is right for you and your family.

Cut Out The Light

New parents now have a massive range of baby products to choose from and it can be really confusing to know what is needed. Our advice is simple: the safest cot is a clear cot. An important part of developing healthy sleeping habits for your baby includes teaching them to fall asleep on their own⁹. Many babies find it soothing to be rocked or cuddled, but it's best to put your baby to bed before they actually fall

asleep. This way they will be less anxious if they wake up during the night and you are not there, and they will be more likely to fall back asleep without needing your help. A tiny baby gets tired just being alive, but older babies need a bit more stimulation and play during their wake times in order to be tired enough to sleep. That doesn't mean spending their every waking hour frantically dangling toys in front of them and singing *The Wheels on the Bus*, but find a nice balance: plenty of face-to-face interaction and talking is good. Avoid TV and screens at this age. Control the light in your home to reflect the time of day: babies respond to external cues, like light, so keeping the curtains open and making the room feel brighter will keep your baby active during the day. Come night time, make rooms as dark as possible to teach them when it's time to sleep. Newborns sleep about 16 hours a day, usually in 3- to 4-hour periods. Your baby needs to eat every few hours, which is why she doesn't sleep for longer periods of time. Your baby may get cranky or overtired if she doesn't get enough sleep. If you're looking for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [gentle sleep training](#) then a baby sleep specialist will be able to help you.

We all hear stories about babies who sleep through and are no trouble at all. But the vast majority of wee ones are up during the night. Most parents are in the same boat. It is important to look after yourself. A lack of sleep isn't easy for anyone. Infants and toddlers who learn how to fall asleep on their own at night sleep for a longer duration, according to survey of more than 1,000 parents published in the *World Journal of Pediatrics*. Researchers also found these children woke up fewer times at night than those who did not fall asleep on their own. If your child has started weaning, ensure a good balanced diet. If there are sleep problems, ensure they are not intolerant to any foods. Wind, bloating, cramping, skin problems, grey areas under the eyes can all be indicators of an intolerance. Placing a warm baby onto cold sheets can cause trouble. Especially in cold weather, use flannel sheets or place a warm towel on the sheets to warm them. But be sure to remove the towel before placing baby on the warmed sheets. To help your baby doze off easily and sleep soundly, white noise is a must. The best white noise for sleeping mimics the sound babies hear in the womb. White noise should not be used twenty-four hours a day. You'll want to play it to calm crying episodes and during naps and nighttime sleep (start the sound quietly in the background during your sleepy-time routine, to get your sweetie ready to glide into dreamland). A sleep expert will be with you every step of the way, guiding you on how best to find a solution to your sleep concerns, whether its [4 month sleep regression](#) or one of an untold number of other things.

Be Confident In Your Decisions.

From 6 months, your baby will drop the night feed at some point and start to sleep through the night, for up to 12 hours. They will also usually nap at least twice during the day for up to 2 hours at a time. Nap time may even improve night-time sleep. Though this might seem counterintuitive, naps sometimes make it easier for your child to fall asleep and sleep well at night. For example, napping during the day can help prevent your child from being overtired just before bed. Some sleep training

methods may not work for your little (or for you), but there are plenty of others to try and with a little patience and consistency – and tender loving care – you'll get there in the end. Sweet dreams! If you are considering co-sleeping, talk to your health visitor about safety issues. A bedside cot with an open side is a happy compromise that offers a safe environment while keeping your baby nearby. As soon as your baby's first tooth breaks through, start cleaning their teeth at night. Use a clean, damp washcloth, a gauze pad, or a finger brush to gently clean the teeth and the front of the tongue with low-fluoride toothpaste. The gentle approach and caring manner of a baby sleep expert allows them to assist you in the most preferable way to deal with [sleep training](#) and to assist you and your family in any way possible.

Establishing sleep routines for babies can be tough. After all, getting confused between day and night is common for little ones, but there are ways you can help them understand the difference. If your baby wakes up hungry each night, besides boosting her daytime milk it makes sense to boost her evening calories. (Think of it like topping off the gas tank of your car by filling it to the brim.) Two classic ways to do this are cluster feeds and dream feeds. Opinions vary on the subject of infant sleep training, but there can be a time and place for helping baby lengthen his sleep stretches. One suggestion is for parents to do what they are comfortable doing. Even if nursing moms get a bit more total sleep each night, they definitely wake up more often. And as the months pass, their babies continue to wake for a couple of feedings a night, especially if they bed-share (unlike formula-fed babies who sleep increasingly longer stretches). It's not that your nursing baby can't go longer—she can, but only if you make an effort to teach her how. Babies sleep differently from adults and may wake several times at night or struggle to fall asleep on an adult's schedule. A sleep consultant will take a holistic approach to create a sleeping system that you can manage and one which takes into account [sleep regression](#) as well as the needs of the baby and considerations of each family member.

Watch Sleep Cues Carefully

Do put your baby to bed in his own crib or bassinet. Don't bed-share. This is when babies and parents sleep together in the same bed. Bed-sharing is the most common cause of death in babies younger than 3 months old. Keep your baby's crib close to your bed so your baby's nearby during the night. The American Academy of Pediatrics (also called AAP) recommends that you and your baby sleep in the same room, but not in the same bed, for the first year of your baby's life but at least for the first 6 months. It's possible to sleep train an infant who's sleeping in the same room as you, but it's definitely tough. When your infant can see you, she'll naturally keep trying and trying to get you to pick her up. That's why—if at all possible—I recommend that you and your partner sleep in the living room and keep your infant in the bedroom while you're doing the training. Or consider using the pick up/put down method instead of longer-and-longer. Designate the nursery as a room for sleep, not play. Keep the area around the crib free of toys and other fun knick knacks. You can check out extra information relating to Sleep Consultancies in this

[NHS](#) page.

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