

seed & sew's

# Sleep Guide

BIRTH TO FIVE



# A NOTE FROM ALYSSA

It's so easy to feel overwhelmed on this journey, ya know? Everywhere you turn you find different, conflicting information and trying to figure out the root of your kiddo's sleep challenge can be a real doozy.

90% of our sleep clients come to us with the SAME underlying issue. Nope, it's not that their child is just trying to deprive them of deliciously restful sleep. So, what is it?! White noise? Blackout curtains? Strong-willed children? Breastfeeding to sleep? Co-sleeping? Crib sleeping? ...Nope, none of the above. Fresh out of ideas? I'll let you in on my secrets.

## The answer is SLEEP PRESSURE.

Sleep pressure is the MAGIC WINDOW of tiredness that we strive for in sleep. It's the right amount of tired, not overtired or undertired. It's a bit of science, and usually some troubleshooting, but often getting good sleep is as simple as adjusting timing.

We know that an overtired kiddo will have a harder time falling and staying asleep, and a child who isn't tired enough may take a quick nap at bedtime and then be up and ready to rage. Fine tuning daytime sleep to optimize sleep pressure can be a GAME CHANGER for overnights. You don't have to be on this journey alone. It takes a village and I'm so jazzed you're in ours.

This guide is not intended as medical advice. Always consult with your pediatrician for all medical needs for your child.

Xo,  
*Alyssa Blask Campbell*  
Founder of Seed & Sew



# SLEEP PRESSURE

**Every child is different, and there can be other factors at play, but here are some guidelines that have helped me serve most of my clients:**

## **Birth-4 months**

Newborns will typically nap every 1-1.5 hours after they wake up. Anywhere from 20-90 minutes of awake time is normal. They can nap anywhere (enjoy those delicious baby snuggles guilt-free) and we don't have to try and keep them awake for any specific length of time. Instead, we are focused on getting them a little snooze every 30-120 minutes so they don't get overtired. Shorter awake window is better than longer, but as they get older they may be ready for a 2 hour awake window sometimes. Also, DO wake the sleeping baby at the 3 hour mark during the day. You'll thank me later, I promise.

## **The Keys to Newborn Sleep**

### **Sleep pressure:**

2 hours = maximum awake time anywhere from 15-90 minutes of awake time is normal

### **Sensory regulation**

swaddling, babywearing, bouncing, head jiggles

### **Feeding frequently**

full feeds every 2-3 hours throughout the day

### **Clusterfeeding in the evening**

every 45min to an hour for some babes

### **Optimal nighttime sleep environment**

cool, dark, white noise



# SAMPLE SCHEDULES

## 4-5 months

Likely 3-4 naps per day and often not yet on a regular schedule, which is okay! There should be one nap during the day that starts to become more consistent though. We are still making sure they aren't awake for too long in between snoozes.

Sometime around 5 months most babies are dropping into a more reliable 3 nap schedule. Most kiddos will be on this schedule until 6-8 months.

### SAMPLE SCHEDULE 3 NAPS

4-5 months until 6-8 months

- Wake up: 6:30 am
- Nap #1: 8:30-10 am
- Nap #2: 1-2:30/3 pm
- Nap #3: 4:30-5pm
- Bedtime: 7/7:30 pm

*1st wake window ~2hrs*

*2nd wake window ~2.5-3hrs*

*3rd wake window ~2 hours*

*4th wake window ~2 hours*

I like to think of something like the 2,3,4 rule: awake for about 2 hours then nap #1, awake for about 3 hours then nap #2. With that third nap, try and have it in the middle of that last 4 hour awake time for just about 30 min (it's just a cat nap to hold them over to bedtime) until they are able to do a 4ish hour awake time at the end of the day.



# SAMPLE SCHEDULES

## 6-8 months until 12-15 months

Many infants will go down to 2 naps per day at some point between 6-8 mos. The time between morning wake up and the first nap will be the shortest, then slightly longer between the two naps, and the longest wake time between the afternoon nap and bedtime.

### SAMPLE SCHEDULE 2 NAPS

6-8 months until 12-15 months

- Wake up: 6:30 am
- Nap #1: 9-10:30 am
- Nap #2: 1:30-3 pm
- Bedtime: 7 pm

*1st wake time ~2 hrs*

*2nd wake time ~3 hrs*

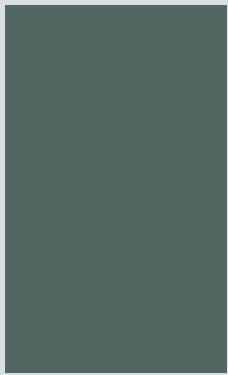
*3rd wake time ~4 hrs*

This is the 2 hour, 3 hour, 4 hour rule that we talked about above, except now your babe can do a 4 hour wake window and doesn't need that 3rd catnap.



# SAMPLE SCHEDULES

1st wake window



2nd wake window



Second wake window is longer than the first wake window.

## 12-15 months

Naps are often a bit off at points throughout this time. Children will transition from 2 naps to 1 during this period and the transition can be tough for a toddler to make. The complete transition usually takes 10-14 days. The most important point here is that the single nap occurs at a good time for the child's schedule and that there is more awake time after the nap in order to protect nighttime sleep. This nap should be 1.5-2.5 hours.



Try to hold onto one nap until at least age 3. Many kiddos between 3-5 years still need a nap.



## SAMPLE SCHEDULE 1 NAP

12-15 months until 3-5 years old

- Wake up: 6:30 am
- Nap: 11:30am -1:30 pm
- Bedtime: 7:30 pm

*1st wake time ~5hrs*

*2nd wake time ~6hrs*



# QUIET TIME

**When your kiddo is ready to drop that last nap, you can implement quiet time. This can be very restorative even if they don't snooze.**

## **+ Make their entire room a safe space.**

Create a boundary around staying in their room, rather than staying in their bed.

## **+ Add in a sensory regulating activity before rest time.**

This sets their nervous system up for success with the quiet time expectation.

## **+ Provide them with quiet activities like books or small fine motor toys.**

Using things that are only available during quiet time can be helpful.

## **+ Use a visual aid like a timer so they know when quiet time will end.**

This helps kiddos feel safe and secure in knowing what to expect.

## **Set an expectation for them to stay in their room:**



"We're going to have quiet time. You don't have to sleep but my expectation is that you stay in your room. I'll be right outside the door to help you remember."



# What if I've optimized sleep pressure and I'm still having challenges?

Sleep pressure is one of TWO key components of overnight sleep. The other key component is **FALLING ASLEEP INDEPENDENTLY**. Tune into our [podcast episode on this here](#). We also created our sleep courses to provide parents and families with a step by step plan for creating healthy, sustainable sleep habits. We're here to help you support your kiddos with healthy sleep routines, so you can all get the zzzs you need.



## In our [Newborn Course](#) you will learn how to:

- Establish healthy sleep foundations for your newborn.
- Get quality sleep in whatever environment works best for your family.
- Regulate your own emotions so you can help your baby regulate.
- Respond with intention to your baby's cries.
- Optimize your baby's sleep.

→ [Learn more here](#)

## In our [5-23 Month Course](#) you will learn how to:

- Teach your child to fall asleep independently.
- Address night wakings.
- Know how and when to wean night feedings.
- Create a nap routine that supports overnight sleep.
- Support your child's emotional well-being.
- Set healthy boundaries around sleep while fostering secure attachment.

→ [Learn more here](#)



## In our [2-5 Year Course](#) you will learn how to:

- Teach your child to fall asleep independently.
- Address night wakings.
- Create a nap routine that supports overnight sleep.
- Identify when your child is ready to stop napping.
- Address challenging bedtime behaviors.
- Support your child's emotional well-being.
- Set healthy boundaries around sleep while fostering secure attachment.

→ [Learn more here](#)

