

# BEYOND THE STARS



Beyond The Stars  
Jade Sleep Nanny

SLEEP CHALLENGE

# SLEEP PATTERNS

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## 0 -3 Months:

Newborn sleep is very disorganised. They can only manage about 45 mins awake between sleeps. Try to feed upon waking as much as possible. Naps may be short and frequent.

## 4-6 Months:

Sleep will become more organised now. Having a rhythm to your day will help naps fall into a natural pattern. Continue to feed upon waking and practice putting your baby down before fully asleep.

## 6-12 Months:

From 6 months we are aiming for 3 naps per day totalling 3.5-4hrs. EG: 8.30a.m, 12p.m, 3.30p.m then bedtime 6.30p.m. Between 8-10 months you'll lose the 3rd nap and drop to 2 naps totalling around 3hrs. Eg: 9/930a.m for 90 mins and 1/1.30p.m for 90 mins.

## 12-24 Months:

Maintain two good naps per day until your little one struggles to do both then make the slow transition to 1 nap between 13-17 months. Some days he may be okay on 1 nap and some days still need 2.

Early to bed on 1 nap days at the beginning. 2-3 Years: The nap in the day must stay!

Most 2 year old need 2hrs sleep during the day. Be sure it falls in the middle of the day. If it starts too late, it will impact on bedtime. Also, keep your toddler in cot as close to age 3 as possible - a sleep sack will help.

# SLEEP PRESSURE

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Where the sleep pressure is right - brings better sleep!

## 1. Overtiredness.

One thing I find present with the majority of families I work with - and it is so easy for our little ones to get overtired. Overtiredness can impact:

- Short Naps
- Night Awakenings
- Fighting Sleep
- Early Rises

This could be happening with a wake window which is too long in their day - for example between naps or between last nap and bedtime. The awakenings and displays of overtiredness can often look like under-tiredness, as the cortisol increases until it is time to sleep - and then the cycle of awakenings are bringing on the overtiredness and the cycle continues!

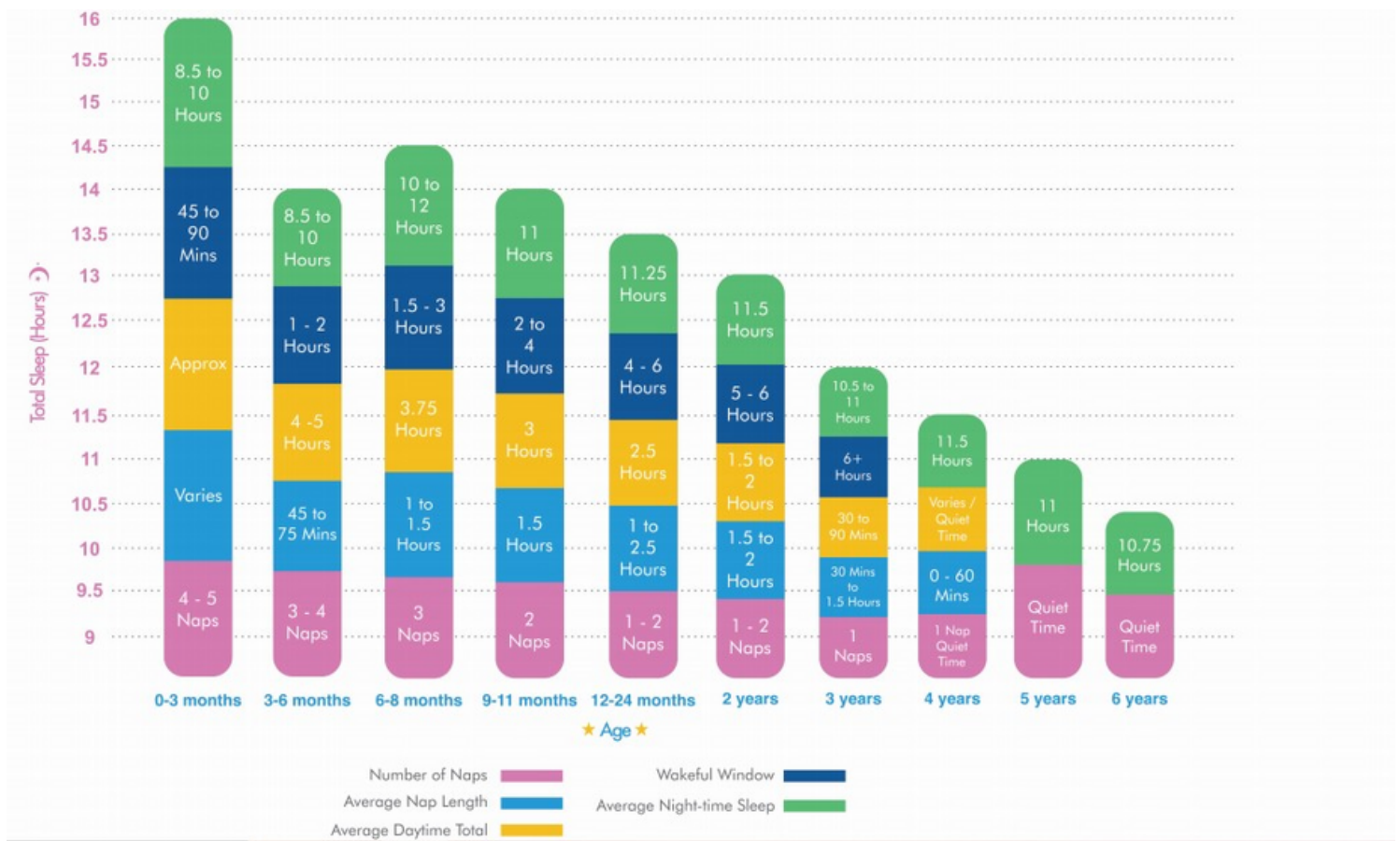
Top Tip - although as parents we watch for sleepy queues, the truth is that once the sleepy queues start there is very little time before overtiredness hits. So the secret is to catch them before they hit this and following age appropriate Wake Windows (the awake time between sleep).

## 2. Undertiredness

This is less common - but can happen if little one is getting too much day sleep. You may find this nearer the time when they are ready to cut one of their naps, or if their wake windows are changing. For example, bedtime falls too close after naptime.

Top tip - either extend bedtime slowly by 10 minutes each time to find the new perfect wake window until the next nap is ready to go, then you can slowly reduce that by 10 minutes at a time!

# SLEEP PRESSURE



Start your wake windows off small - this helps to catch them before overtiredness hits.

Gauge where they are on the scale - for example if 16 months they will sit in the middle of the 12-24 month block so adjust windows as needed.

Are they nearing the time for a nap transition? Take this into account too!

# CURRENT CHALLENGES

What is  
working?

What isn't  
working?

Focus  
Areas

What  
would I like  
to change?

# FOCUS AND GOALS

What are my  
dream Sleep  
Goals?

What  
needs to  
change?

How will I  
implement  
it?

How will I  
stay  
dedicated  
to it?

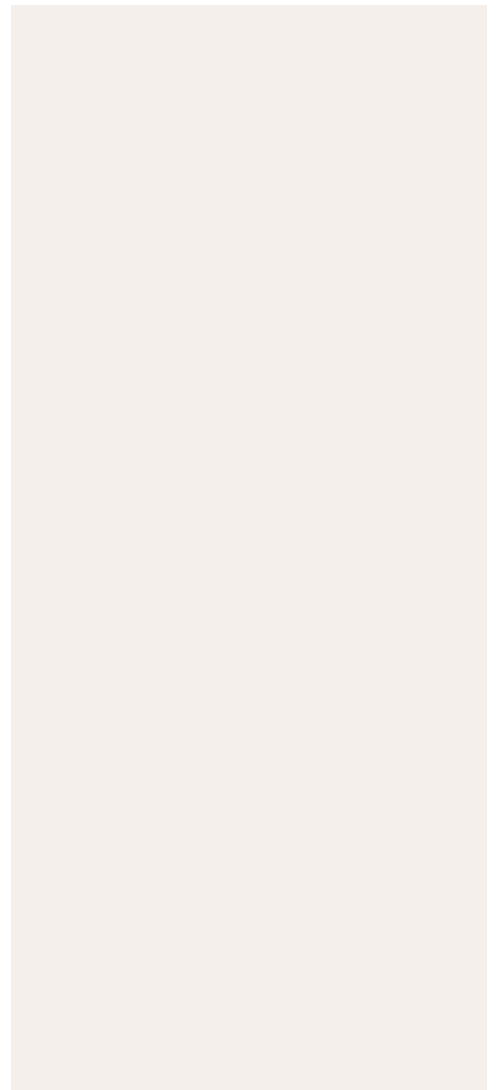
# SLEEP & FEED TRACKER

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Date :

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
6-7 PM	
7-8 PM	
8-9 PM	

Notes: (Night awakenings, settle times, position)

A large, empty rectangular area with a light beige background, intended for handwritten notes regarding the baby's sleep and feeding patterns.

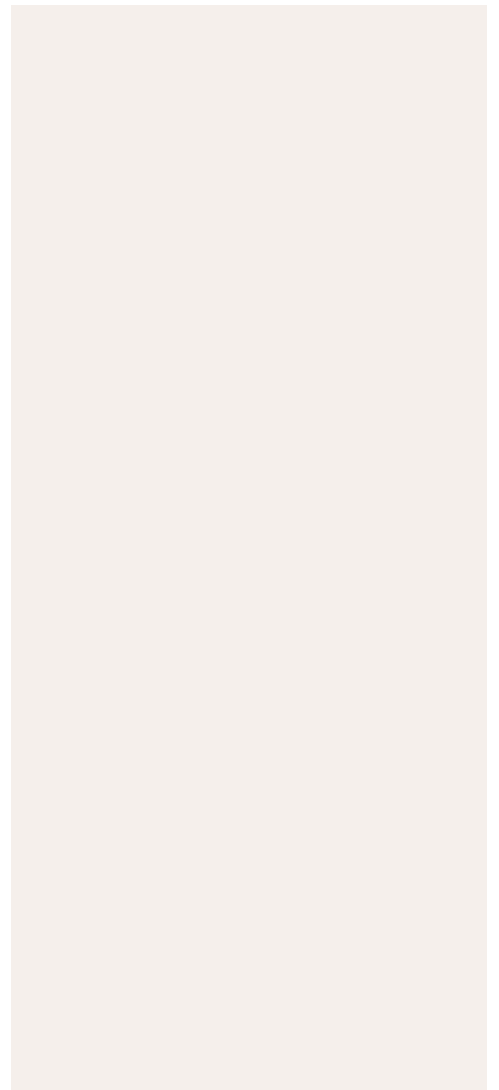
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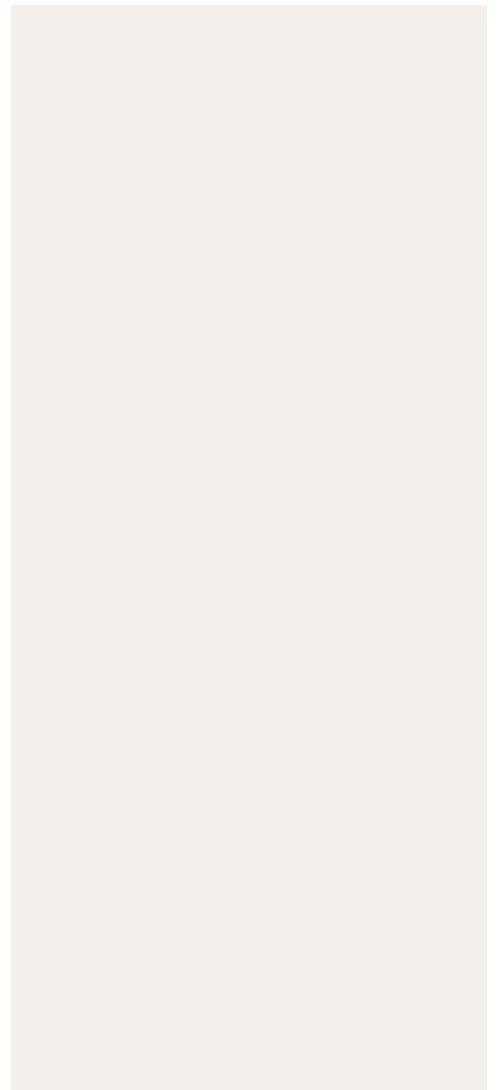
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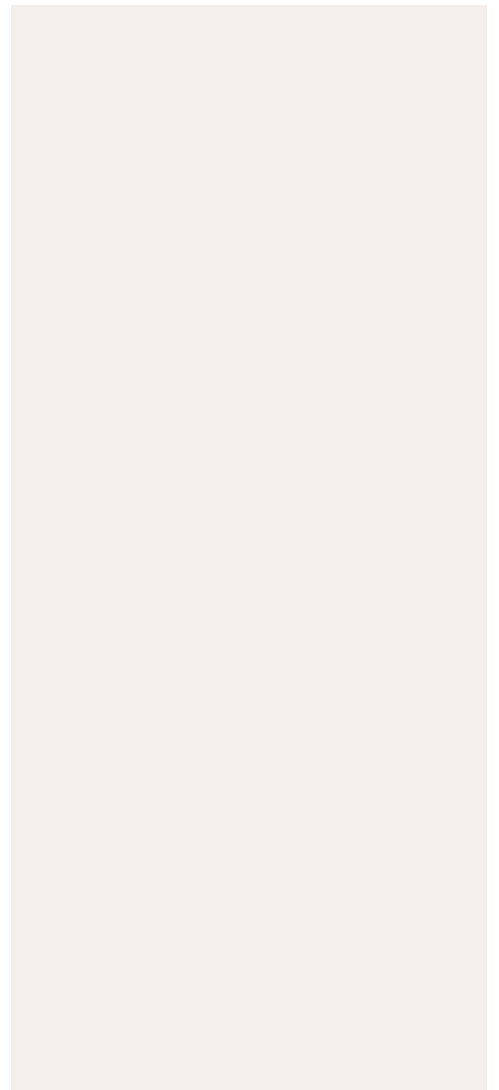
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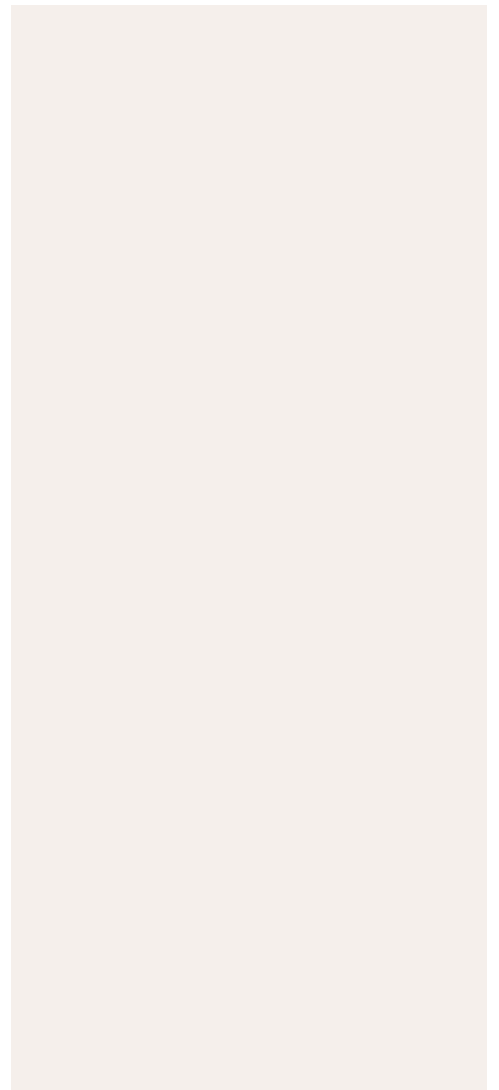
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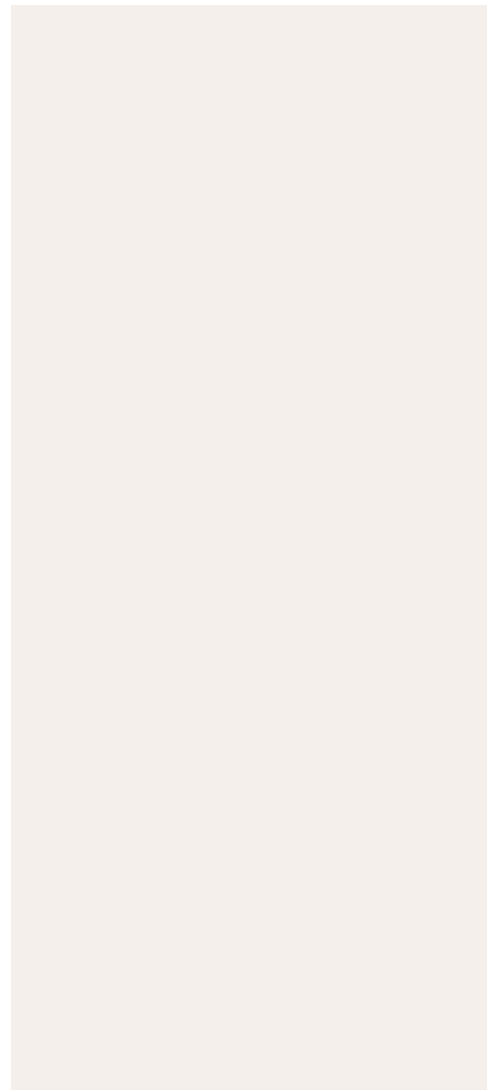
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I hope this has given you some useful ideas for tracking little ones sleep habits. If you'd like to have a quick chat about more ways to help your family – email [jadesleepnanny@gmail.com](mailto:jadesleepnanny@gmail.com).

*Jade x*

## LET'S GET IN TOUCH

Book in via the website - or email

[jadesleepnanny@gmail.com](mailto:jadesleepnanny@gmail.com)

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[WWW.BEYONDTHESTARS.CO.UK](http://WWW.BEYONDTHESTARS.CO.UK)