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Sleep Troubleshooting Checklist

For Night Sleep and Napping Obstacles

1. Check Resource Guide

The Resource Guide you received at Graduation will help you continue on your child's sleep journey. Each document is geared towards a different topic, and will help set you up for success.

2. Check Bedtime

Everything starts at bedtime! If your child isn't falling asleep independently at bedtime from wide awake, they will not have truly independent sleep skills, which often leads to night waking's, early wake ups, trouble falling asleep for naps, short naps as well as skipped naps.

- **Bedtime Routine:** Feed (if given) must be the first step of the routine. This is crucial!
 - Feed, Bath, PJs, Book, Song, Hug & Kiss, into bed Wide Awake.
- **Drowsiness-** Child must go into bed wide awake, to fall asleep on their own, without the use of a sleep prop.

3. Developmental

When your child is working on a new skill, it may disrupt their sleep. Children often have a hard time "shutting off" their desire to master the new skill, even in their sleep. Be sure to allow your child adequate time during wake time periods to practice their new skill.

- Rolling, Sitting and Standing are 3 skills that are often quite frustrating in relation to sleep, as your child will get into these positions and physically get stuck, unable to roll back, or get back down. It's important to have lots of practice rolling all directions, or going from sitting/standing to laying down daily. In the beginning, you will need to help your child if they are truly stuck. With practice, often this skill improves about a week later. Once they have become more skilled and can roll or lay back down from sitting/standing, you will leave them when they are in their crib, and allow them to adjust their position themselves.

4. Schedule

An age-appropriate schedule is key for healthy sleep. An overtired or under tired child will struggle to sleep, may have short naps, night waking's and/or early wake ups. Check out this nap guide for more information.

5. Health

If your little one isn't feeling their best, it may affect their sleep. Is your child sick, signs of an ear infection, teething, or working on a new tooth? Check the Illness & Teething Document for more information on this topic.

6. Toddlers

Sleep obstacles and boundary pushing often go hand in hand. Firm up any boundaries, to help your little one sleep better. Ensure your child is respecting the clock daily, this is not an option.

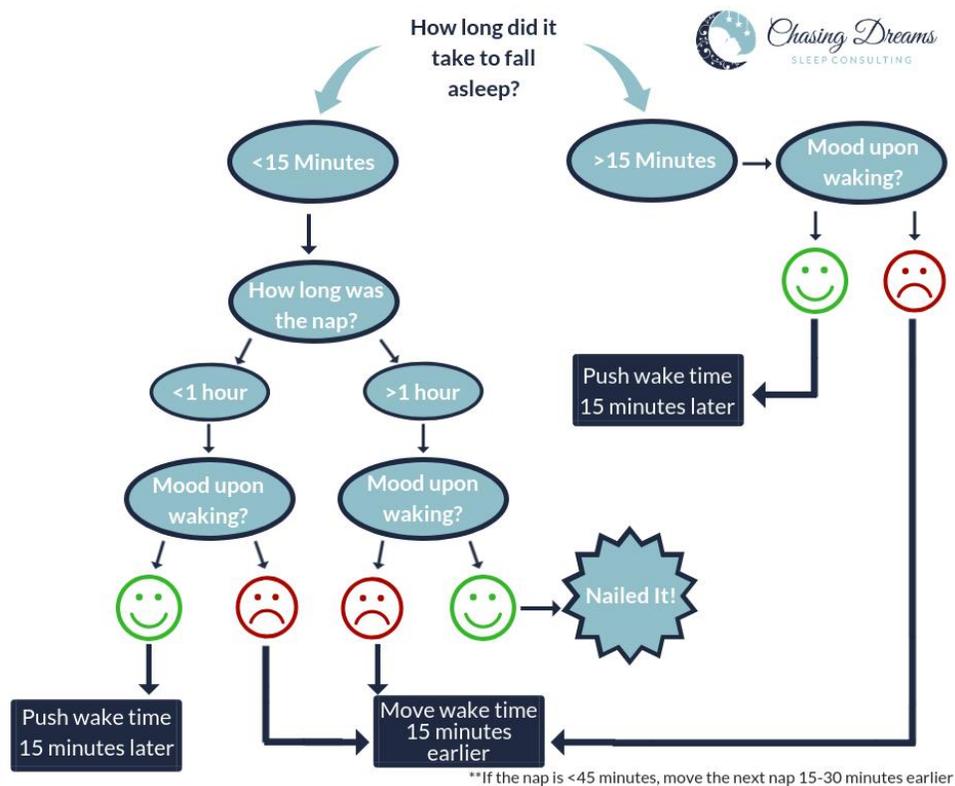


Wake Times

Babies tend to do best when they follow wake times to avoid over or undertired, and maximize the opportunity to sleep. These wake times are averages for the age, but do tend to work well for many babies. Once they are settled onto one nap, they can go "By the Clock", which will be based off of an age-appropriate schedule.

- If a child is overtired or undertired, it will make sleep much more difficult, and can cause problems such as fighting sleep, night waking's, night terrors (when overtired), and early wake up.
- As a baby, wake times increase about monthly until the child settles onto one nap. Things will remain pretty constant at that point, with small changes periodically.
- Most children need naps until about 3-4 years old. If they are fighting naps or skipping naps earlier to 3 years old, stay consistent and the child should get back to napping. Sometimes fighting of a nap can indicate the need for a schedule adjustment.

Wake time troubleshooting





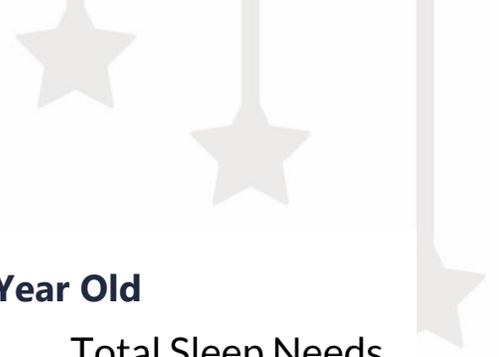
Wake Time Chart for Babies under 1 Year Old

How to read Wake Times
 Each slash represents a nap
 Time Before 1st Nap Time Before Bed
 ↳ 2.5 / 3 / 3.5 ←
 Time Between Naps

Child should be asleep at the end of the wake time.
 Put down 10-15 minutes prior to allow time to fall asleep.
 TWT=Total Wake Time

Age	Wake times**	# Of Naps	Total Sleep Needs
0-6 Weeks	Up to 45 minutes		
6-9 Weeks	45-60 minutes		16-20 Hours Total
10-12 Weeks	1-1.25 hours	4-5	
3 Months	1.25-1.5 hours	4	15.5-18 hours total 11-12 hours at night
3-4 Months	1.5/1.5/1.75/1.5/1.25	4-3	4-5 hours in naps
4 Months	2/2.25/2.25/2.25 TWT= 8.5-9 hours	3	15-15.5 hours total 11-12 hours at night 3.5-4.5 hours in naps
5 Months	2/2.25/2.25/2.5 TWT=8.75-9 hours	3	15 hours total 11-12 hours at night 3-4 hours in naps
6 Months	2/2.5/2.5/2.5 TWT=9.5-10 hours	3	14-14.5 hours total 11-12 hours at night 2.5-3.5 hours in naps
7-8 Months (starting 3-2 Transition)	2.5/3/3.5 TWT 9-10 hours	3-2 Transition	14-15 hours total 11-12 hours at night 2.5-3 hours in naps
7-8 Months (Settled on 2 Naps)	3/3.25/3.5 TWT 9.5-10 hours	2	14-14.5 hours total 11-12 hours at night 2.5-3 hours in naps
9 Months	3-3.25/3.5/3.5 TWT 10-10.5 hours	2	13.5-14 hours total
10 Months	3.25/3.5/3.5 TWT 10-10.5 hours	2	11-12 hours at night 2-3 hours in naps
11 Months	3.25/3.5/3.75 TWT 10-10.5 hours	2	





Wake Time Chart for Children Over 1 Year Old

Age	Wake times	# Of Naps	Total Sleep Needs
12-15 Months (on 2 naps)	3.25/3.5-4/3.5-4 TWT 10-11 hours	2	13-14 hours total 11-12 hours at night 2-3 hours in naps
12-15 Months (starting transition)	4/6 (start), slowly push it out 4.5/5.5 then 5/5 work up to 5/5-5.5 TWT 10-11 hours	2-1 transition	
12-18 Months (Settled on 1 nap)	5-5.5/5-5.5 TWT 10-10.5 hours <small>*Once settled, you can base your "By the Clock" Schedule off these wake times and stay consistent</small>	1	13-13.5 hours total 11-12 hours at night 1.5-2.5 hours in naps
18 Months	5.5-6/5.5 TWT= 11-12 hours	1	12-13 hours total 11-12 hours at night 1.5-2 hours in naps
2 Years	6/5-5.5 TWT= 11-12 hours	1	12-13 hours total 11-12 hours at night 1.5-2 hours in naps
3-4 Years	start dropping nap	1-0	11-13 hours total
4-5 Years			10-12 hours total
6-13 Years			9-11 hours total
14-17 Years			8-10 hours total





Map Transitions

Ages for Nap Transitions

Nap transitions take place, on average at:

- 3-4 months old, drop down to 3 naps.
- 6-9 months old, drop down to 2 naps.
- 12-15 months old (some as late as 18 months), drop down to 1 nap**
- 3-4 years old, start a transition to 0 naps.

****11 Month Nap Regression**- there is a nap regression at 11 months. Many children will fight and/or skip the second nap. To help your baby, stay consistent offering the nap, ensure you are using an age-appropriate schedule, and most children will resume two naps. Most babies are not ready for 1 nap quite yet. There is a lot happening developmentally right now that may interfere with napping. Moving to 1 nap too early will likely cause more sleep issues including night waking's, early morning waking's, and/or a short nap... and of course, a cranky baby.

What are some signs the child is ready to drop a nap?

If things had been going well, and the baby was on an age-appropriate schedule, you may start seeing some signs of baby being ready to drop a nap at the ages listed above. You want to make sure you see these signs consistently for 1-2 full weeks before considering dropping a nap. A nap transition can often be a long process, it'll take time for your child to adjust to one less nap, much longer wake times, and adjusting his/her circadian rhythm. If your child wasn't already on an age-appropriate schedule, start there, then see if you are still seeing signs of being time to drop a nap.

Signs of being ready to drop a nap:

- Struggling to fall asleep for nap
- Once asleep, nap may be short
- Skipping the last nap of the day (on occasion, it's another nap that's skipped)
- Struggling to fall asleep at bedtime
- Abnormal night waking's, which may be long.
- Early waking in the morning.

If your child is skipping the last nap, move bedtime earlier. If this continues happening for 1-2 weeks, then it's time to adjust the schedule so the baby is on a more even, age-appropriate schedule for the reduced number of naps.



Nap Transitions

4-3 Naps, 3-2 Naps

Steps:

1. Push naptime 15 minutes later a day, for 3 days.

Example: If nap was 9 am, go to 9:15am for 3 days.

2. Continue pushing naptime 15 minutes later every 3 days, until desired nap time is achieved.
3. You may need to use the cat nap to get through until bedtime.
 - If nap length decreases, a last cat nap in the crib, car or stroller can be used *if needed* temporarily to take the edge off before bedtime.
 - This is meant to be just a short catnap of 15-20 minutes.
 - The longer we have an extra nap, the longer it will take baby to adjust to less naps.
4. Moving bedtime earlier by 30 minutes for two weeks can help with the gap in time and prevent overtiredness. Even though it may seem far too early for bed, it is only for two weeks to help get through this transition.

Tips:

- For some children, dropping a nap instantly improves nap length. For some children it decreases nap length temporarily in the beginning due to overtiredness.
- You will likely notice your baby still appears tired at the usual naptime, so you will have to distract them a bit to get them to the desired nap time. This is a great time for a small snack if needed, taking outside to play, playing with water, or anything exciting. Do not take a ride in the car or walk in the stroller if this will cause your baby to fall asleep.
- Remember it takes the body 4-6 weeks to fully adjust to a significant change in sleep patterns, so don't expect your child to adjust immediately. If it seems that naps are getting shorter or more difficult, please stick with your plan even though your baby may seem a little cranky. Remember to use the last catnap and/or an earlier bedtime to get through the transition.



Moving to One Nap per Day

Is your little one only taking one nap a day, three or four times a week? Has that been the behavior for at least two weeks? If so, it might be time to get switch from two naps to one.

This is going to be a wonderful stretch for you and your little one, because they're about to start taking a two or even three-hour nap right in the middle of the afternoon. They'll be thoroughly rested from the time they get up until they go to bed, and you'll have a big chunk of time to do... anything you want! Get some work done, call a friend, or take a nap of your own!

Steps:

1. Push naptime 30 minutes later a day, for 3 days.

Example: If nap was 10:30am, go to 11:00am for 3 days.

2. Continue pushing naptime 30 minutes later every 3 days, until desired nap time is achieved. (5-5.5 hours of wake time)
3. You may need to use the cat nap to get through until bedtime.
 - If nap length decreases, a last cat nap in the crib, car or stroller can be used *if needed* temporarily to take the edge off before bedtime.
 - This is meant to be just a short catnap of 15-20 minutes.
 - The longer we have an extra nap, the longer it will take baby to adjust to less naps.
4. Moving bedtime earlier by 30 minutes for two weeks can help with the gap in time and prevent overtiredness. Even though it may seem far too early for bed, it is only for two weeks to help get through this transition.

Tips:

- For some children, dropping a nap instantly improves nap length. For some children it decreases nap length temporarily in the beginning due to over-tiredness.
- You will likely notice your baby still appears tired at the usual naptime, so you will have to distract them a bit to get them to the desired nap time. This is a great time for a small snack with natural sugars if needed, taking outside to play, playing with water, or anything exciting.
- Do not take a ride in the car or walk in the stroller if this will cause a nap. Once you have made the decision to go to one nap, try not to waver back and forth between 2 & 1 naps, it'll just prolong the process.
- Remember it takes the body 4-6 weeks to fully adjust to a significant change in sleep patterns, so don't expect your child to adjust immediately. If it seems that naps are getting shorter or more difficult, please stick with your plan even though your baby may seem a little cranky. Remember to use the last catnap and/or an earlier bedtime to get through the transition.



Transitioning to No Nap

This is often a sad transition for mom. To lose that break in the day can be hard to imagine. This transition often happens between 3-4 years old. If baby is much younger than that, he/she is likely not ready. If you need help, feel free to reach out and we can assess what's going on, and see if we can get your child back onto a normal sleep regiment. Their bodies need the sleep!!!

At this age, children need 11-13 hours of total sleep. A common sleep issue you may see at this age is that when the child does nap, it takes *forever* to fall asleep at bedtime. Start by capping the nap to 1-1.5 hours MAX. If the child is napping longer than this, reduce nap in 15-minute increments down to 1 hour, to see if the child can continue napping or if it is causing night issues. Night sleep is more restorative than daytime sleep, so we don't want to significantly reduce nights to allow for a long nap. The purpose of the nap is to help the child refresh and be able to make it through the day.

This transition may be a very slow transition. Once you find the best schedule for your child and capping the nap as needed, you may find that the child skips a nap periodically. This may become more frequent, and may skip once per week, then twice a week for a while, and slowly reach the point that the child doesn't nap at all. This may take a number of months until your kiddo weans out the nap.

Or, you may see it being a faster process. You may experience the nap being a huge obstacle to your child's night time sleep, so you have to drop the nap, and move bedtime earlier to compensate.

In this case, it will likely take at least 6 weeks for your child to acclimate to no nap.

Be aware- this transition is likely going to be met with a LOT of moodiness.

Please make sure bedtime is early enough, to allow for all of her sleep needs being met!! I suggest starting with 12-13 hours of night sleep as you are starting the transition, if you aren't sure how much sleep your child needs.



Introducing Quiet Time

There are two methods for Quiet Time. One, is really more of a nap attempt. It is used in the beginning stages for a child that may or may not nap, that you are really hoping that your child falls asleep, but he's refusing. This will be treated as any nap, and told he has to lay in his bed quietly until the clock lights up (or you come get him). There will be no toys, books or other distractions, as your goal here is for sleep to happen. Distractions will do just that...distract and stimulate, instead of encouraging sleep. A child will almost always choose a fun and exciting toy, over boring sleep. Tell him it's okay if he doesn't sleep, he just needs to rest in bed. If he doesn't nap, ensure bedtime is at least an hour earlier- compensating for the lost nap sleep.

The second way is more of a true Quiet Time, where the child is not supposed to sleep. In this case, allow your munchkin to choose a couple of QUIET toys, especially if there is a napping sibling around! You may have special toys he always uses for quiet time, or he can choose a couple before he goes into his room each day. I suggest not using electronics, and ensure this is an independent activity, so you can both have some down time. Making this quiet time period a non-negotiable will ensure the child gets the down time he/she needs each day. Set the clock to light up at the time he's allowed to come out, or come in get him after an hour. I like having a visual way for them to tell when it's over, so they don't need to come out and ask you. If you are offering quiet time and your child keeps falling asleep, offer some fun and exciting toys to keep your child engaged. Have patience, your child may be extra tired and moody as you work through this transition!

Once the hour is up, the clock will indicate they can come out of the room. If they fall asleep during Quiet Time, do not let them sleep longer than 30 minutes.

If Quiet Time is something new for your child, start with 20 minutes for the first 3 days, then 40 minutes for the next 3 days, then on Day 7, Quiet Time will be set for an hour, using the Ok to Wake Clock with preferred activity. This can be a books or quiet toys. It's a good idea to have a small basket of select toys to be used during Quiet Time only. I prefer not having screen time during this time.

Note: The only exception to coming out of the room before the clock says it's okay is if they need to potty. This is of course why we have them potty before entering the room; however, if they truly need the bathroom, we don't want them to have an accident, but we also don't want this to become a stall tactic or a means to get out of Quiet Time.

Learning to play independently is an important skill that can take time to develop, as most kids are not accustomed to playing independently; so, it's common for it to take some time to adjustment to quiet time.



Permanent Early Bedtime When Napping Stops

As time passes and your child is nearing the end of napping, bedtime will permanently be earlier. Remember, they need 11-13 hours of total sleep, we want to maximize your child's sleep for his/her health and well-being. For some children, 11 hours is adequate, for others, a full 13 hours is required. Try to help your child get as much sleep as they need for their health, happiness and overall well-being.

Conclusion:

This guide should help you get through many of the big sleep transitions of babyhood and toddlerhood! If something has come up and derailed you, and you need helping getting on track- or maybe you just need some assistance with a rocky spot, e-mail me! I would be happy to help you through. We will find the right level of support for you, maybe a single phone call, or if you need more e-mail or phone support through a big nap transition. I am always here for you and your child, no matter what comes up. New baby, new struggles? I'm here for that as well!

Sleep well!

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