THE LITTLE SLEEP KIT

Calmer days.
Easier nights.

A short, practical sleep guide for the first 18 months, made to read in two minutes and use tonight.



1 Safe sleep, every sleep
2 Sleepy cues & how much sleep
3 Awake times by age
4 Three sample days
5 The morning anchor & bedtime runway
6 The 2 a.m. plan · night log

BEFORE ANYTHING ELSE

Safe sleep, *every sleep.*

The ABCs from the American Academy of Pediatrics (2022). Every nap, every night.



A **Alone**
Nothing else in the crib: no pillows, bumpers, blankets or soft toys.

B **Back**
On their back for every sleep, until their first birthday.

C **Crib**
A firm, flat mattress with a fitted sheet, in a crib, bassinet or play yard.

Also good to know

- **Share a room, not a bed,** ideally for at least the first 6 months.
- **Never sleep with your baby on a sofa or armchair.** If you might doze off while feeding, a clear adult bed is safer; move baby back to their own space when you wake.
- **Warm, not hot:** a sleep sack instead of loose blankets, no hat indoors.
- **Swaddling:** stop as soon as your baby shows signs of trying to roll.
- **A pacifier at sleep time** can lower the risk of SIDS. If you breastfeed, wait until feeding is going well.
- **Car seats, swings and inclined sleepers aren't for routine sleep.** If your baby falls asleep in one, move them to a flat crib when you can.
- **Once your baby rolls both ways on their own,** you don't need to turn them back. Keep putting them down on their back.
- **A smoke-free home** and up-to-date vaccines.

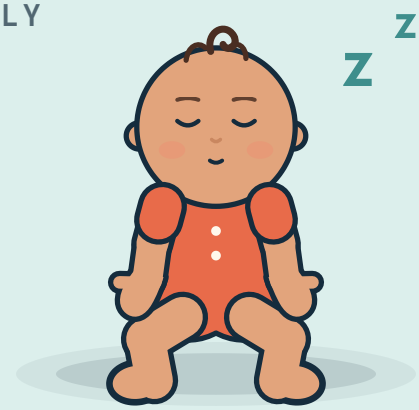
Source: AAP policy statement, "Sleep-Related Infant Deaths: Updated 2022 Recommendations". Not medical advice.

CATCH THE WINDOW

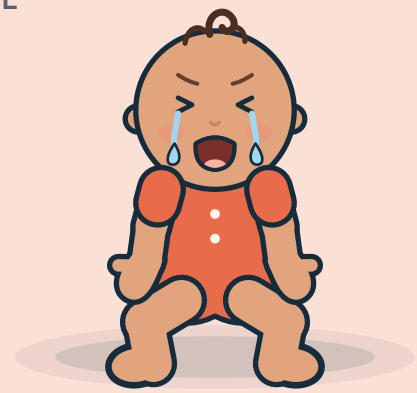
Sleepy cues, *early and late.*

Start winding down at the first cues. By the late cues, the window is closing and sleep gets harder.

EARLY



LATE



Early cues start now

- Staring into space, a quieter face
- Slower movements, less interest in toys
- Yawning
- Rubbing eyes, tugging an ear
- Turning away from faces

Late cues overtired

- Fussing that builds
- Arching the back, stiff body
- Crying hard, hard to settle
- A sudden "second wind": wired and giggly

How much sleep in 24 hours (naps + night)

AGE	TOTAL SLEEP, ABOUT	WHAT IT OFTEN LOOKS LIKE
0–3 months	14–17 hours	Short stretches day and night, many feeds
4–12 months	12–16 hours	Longer nights, 2–4 naps
1–2 years	11–14 hours	Most sleep at night, 1–2 naps

Ranges, not targets. A baby who is growing, feeding well and mostly content is usually getting enough.

Sources: AASM pediatric sleep consensus (Paruthi et al., 2016); National Sleep Foundation (Hirshkowitz et al., 2015).

THE CHEAT SHEET

Awake times *by age.*

How long many babies can stay happily awake between sleeps. Watch your baby first and the clock second.

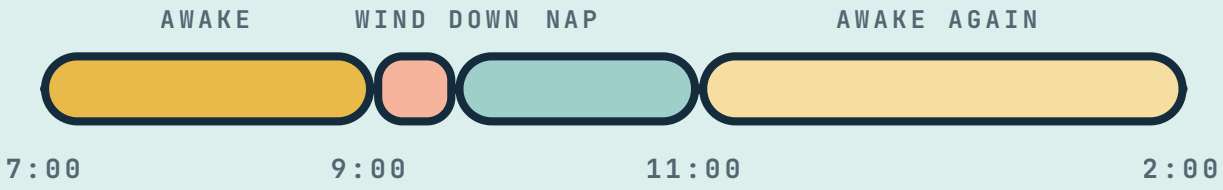
AGE	AWAKE TIME BETWEEN SLEEPS	NAPS A DAY
0–4 weeks	**35–60 min**	Lots, irregular
1–3 months	**60–90 min**	4–6
3–4 months	**1¼–2 hours**	4–5
5–7 months	**2–3 hours**	3
7–10 months	**2½–3½ hours**	2–3, moving to 2
10–14 months	**3–4 hours**	2
14–18 months	**4–6 hours**	2, moving to 1

The day stretches
For many babies the first awake time of the day is the shortest, and the one before bed is the longest.

Cues beat numbers
If your baby shows early cues before the window ends, go with the cues. Every baby is a little different.

Off days happen
Teething, illness and new skills can shuffle everything for a few days. That's normal; go back to the shape after.

How to use it: a 6-month-old



Wakes at 7:00. With about 2–3 hours of awake time, start the nap wind-down around 9:00 and aim for sleep by 9:30–10:00. Then count again from when they wake up.

Approximate ranges used by many pediatric sleep guides. Starting points, not rules. Ask your pediatrician if you are unsure.

PUT IT TOGETHER

Three *sample days.*

Your times will differ. Keep the shape: a steady wake-up time, awake times that grow through the day and an early-enough bedtime. Feed on demand; young babies still need night feeds.

ABOUT 4 MONTHS

7:00 · Wake up, feed

8:45–10:00 · Nap 1

11:45–1:15 · Nap 2

3:00–4:00 · Nap 3

5:30–6:00 · Short catnap

7:30 · Bedtime

Awake times ~1½–1¾ h · 4 naps

ABOUT 8 MONTHS

7:00 · Wake up, curtains open

9:30–10:45 · Nap 1

2:00–3:15 · Nap 2

6:30 · Runway starts

6:45–7:00 · Bedtime

Awake times ~2½–3½ h · 2 naps

ABOUT 13 MONTHS

7:00 · Wake up

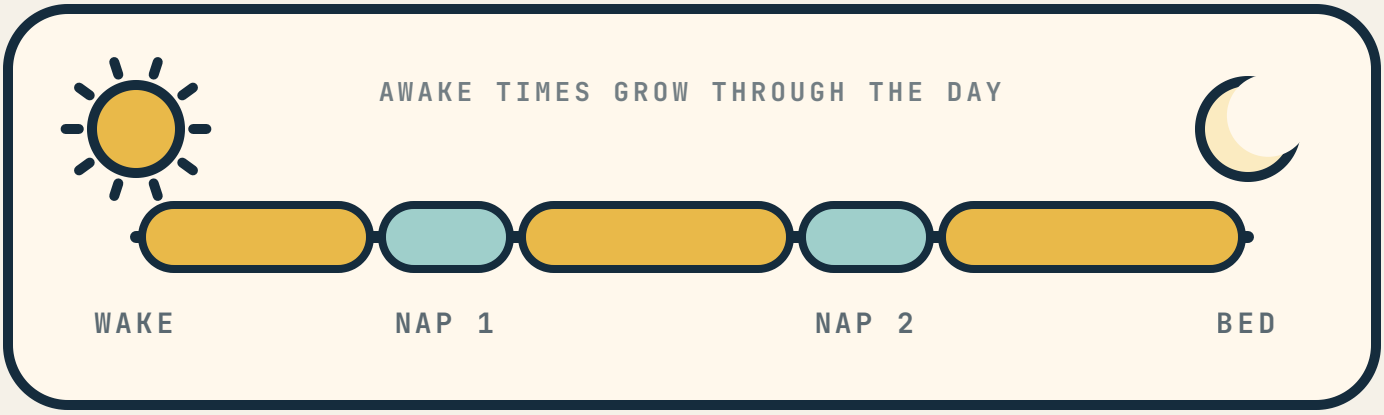
10:00–11:15 · Nap 1

2:45–4:00 · Nap 2

7:00 · Runway starts

7:30 · Bedtime

Awake times ~3–3½ h · 2 naps



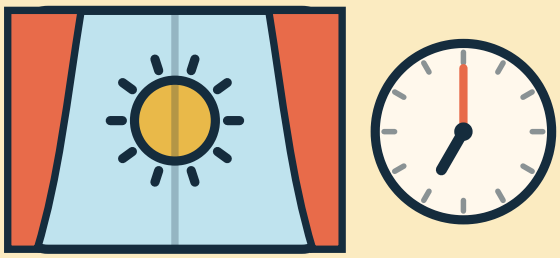
When a nap goes wrong

A short nap is not a ruined day. Use the next awake time as normal. If the last nap was short, move bedtime a little earlier instead of later.

Examples only, built from the awake times on page 4. Not a schedule to force.

TWO HABITS THAT DO MOST OF THE WORK

The morning anchor *and the bedtime runway.*

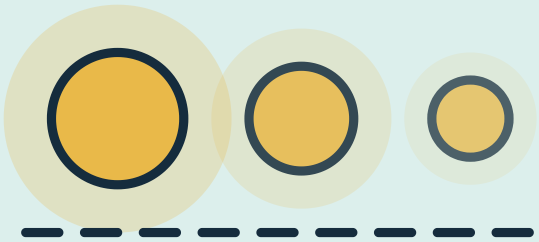


The morning anchor

Your baby's day runs off the wake-up time. Each nap comes after an awake time, so when the morning moves, every nap moves, and so does bedtime.

1. **Pick one wake-up time** and keep it within about 30 minutes, even after a rough night.
2. **Open the curtains.** Morning light helps set the body clock.
3. **Count the first nap from wake-up,** not from the clock you wish it was.

A 9:30 lie-in can push bedtime well past 9 p.m.



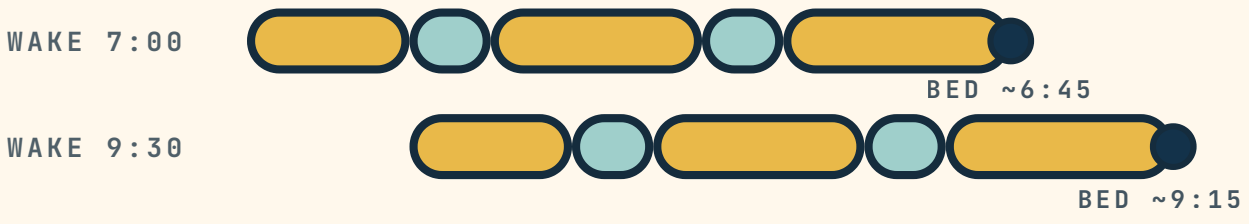
The bedtime runway

Babies don't switch off. They land. About 20–30 minutes before bed, dim three lights:

1. **Light:** dim the room.
2. **Sound:** voices soft and slow. Steady white noise if you use it.
3. **Movement:** fewer bounces, more gentle rocking.

Then the same steps, in the same order, every night. For example: **bath, book, song.** Lay them down drowsy but awake when you can. It's practice, not a test.

Same baby, two mornings (about 8 months, 2 naps)



FOR THE MIDDLE OF THE NIGHT

The 2 a.m. *plan.*



1. **Pause and listen.** Many babies stir and fuss between sleep cycles, and some settle again on their own within a minute or two. (Newborns: go to them sooner.)
2. **If the crying grows, go in.**
3. **Hungry? Feed.** Not hungry? Keep it dark and quiet: a hand on the tummy, a soft shush.
4. **Diaper only if needed:** poop, a leak or a rash. Wet alone can often wait.
5. **Back down on their back,** in an empty crib.

The 20-minute rule

Sleep starts light, so a creak can wake them. After about 20 minutes, many babies drift into deeper sleep. Wait about 20 minutes before you lay them down or sneak out, and find the squeaky floorboard in daylight.

The 13-minute settle

For a crying baby, a 2022 study found that **walking smoothly for about 5 minutes**, then **sitting and holding them for 5–8 minutes** before laying them down, helped many babies settle and stay asleep. It won't work every time, and that's normal.



If you feel overwhelmed

It's okay to put your baby down on their back in a safe crib, close the door and take a few minutes to breathe. Call someone you trust. **Never shake a baby.**

Sources: Ohmura et al., Current Biology (2022); AAP HealthyChildren.org. General information, not medical advice.

PRINT ME

One week, *night by night.*

Patterns are easier to see on paper, and handy to bring to a checkup.

DAY	WOKE UP	NAPS	BEDTIME	NIGHT WAKES	NOTES
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Call your pediatrician if your baby…

- has pauses in breathing, struggles to breathe, or blue or grey lips (call 911)
- is under 3 months and has a temperature of 100.4°F (38°C) or higher
- snores loudly most nights or gasps in sleep
- is unusually hard to wake, floppy, or feeding much less than usual
- has a cry that sounds different and won't settle, or you are worried

Sources: AAP, Sleep-Related Infant Deaths: Updated 2022 Recommendations · Paruthi et al., J Clin Sleep Med 2016 · Hirshkowitz et al., Sleep Health 2015 · Ohmura et al., Current Biology 2022 · HealthyChildren.org.

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