

# The Merits Of Baby Sleep Experts

*When you think about **Baby Sleep Experts**, who were the most influential in this field? Will they ever be matched?*

When it comes to sleep training, don't be hard on yourself if things aren't always perfect. There will be times when your baby finds it harder to fall asleep and stay asleep. The baby's mattress should be firm and free from tears and sagging, which is why it is always advisable to use a new mattress for a new baby. If you're breastfeeding, in the early weeks your baby is likely to doze off for short periods during a feed. Carry on feeding until you think your baby has finished or until they're fully asleep. This is a good opportunity to try to get a bit of rest yourself. Your partner may have to go back to work fairly soon after your baby is born, so might feel entitled to a good night's sleep during the week. However, if you are exhausted from night feeds, you may struggle to cope with looking after your baby during the day. If a baby wakes up a lot during the night it does not necessarily reflect parenting choices. Instead, caregivers might have a very different starting point when dealing with infant sleep. In other words, some babies may simply be better sleepers than others. However, this is not to say that things will not change over time or that behavioral sleep techniques will not be helpful. If your newborn is fussy it's OK to rock, cuddle, and sing as your baby settles down. Swaddling (wrapping the baby in a light blanket) can also help to soothe a crying baby. For the first months of your baby's life, "spoiling" is definitely not a problem. (In fact, newborns who are held or carried during the day tend to have less colic and fussiness.)



As long as baby is put down to sleep on their back, and that baby is dressed appropriately for the room temperature – not overdressed or under dressed – with their head and face uncovered, you can feel reassured that you are protecting baby from overheating. Some babies sleep much more than others. Some sleep for long periods, others in short bursts. Some soon sleep through the night, while some don't for a long time. Make sure their sleep space is dark and quiet, with the exception of white noise sleep aids to encourage relaxation. The ideal room temperature for your baby to sleep in sits between 16-20 degrees celsius. Layer their sleepwear as appropriate, or use baby sleeping bags in varying togs to help regulate their temperature as they rest. Newborns often confuse day and night. A set of blackout shades and a white noise machine may help encourage dozing off when it's bedtime. There are multiple approaches to [sleep training](#) and a sleep expert will help you choose one that is right for you and your family.

## **Have Your Baby Sleep In Your Room**

At bedtime, put your child into their cot drowsy but awake, so they are aware of their sleeping environment. If they are always put down fully asleep, they will be less likely to be able to settle themselves when they wake during the night. The uterus is a pretty noisy place between your breathing and gurgling stomach — which is why many infants find white noise or a musical mobile soothing at bedtime. It is normal for babies to be fed to sleep especially in the first 6 months, babies feel calmed and comforted by feeding and it helps them settle. This is not a problem and they will change this once they develop and are able to self soothe. Once your baby can move themselves from their back to their front and back again by themselves, they will be able to find their own sleeping position. Everyone knows that babies can be little sleep stealers and unfortunately there is no way to bank your zzzzzs for when the deprivation kicks in. However there are ways of making things that bit easier for when your baby arrives. Sleep consultants support hundreds of families every year, assisting with things such as [ferber method](#) using gentle, tailored methods.

Being a parent is the most wonderful experience you'll ever have. But having a child who is a bad sleeper hits you with a huge double whammy. You feel like you're a bad parent and you're utterly exhausted. Just as with adults, babies' and children's sleep patterns vary. From birth, some babies need more or less sleep than others. The list below shows the average amount of sleep babies and children need during a 24-hour period, including daytime naps. A sweetly sleeping newborn baby is one of life's most precious gems. And it's an image we often see in magazines, ads and in the movies. Frequently, the baby is wrapped in a blanket, surrounded by stuffed animals, maybe on their tummy or side. A good bedtime routine consists of regular and calming activities for your baby. Babies may find baths very relaxing and this can help your child before you put them to bed. Naps are shorter than overnight sleep, so your routine can be too. Take advantage of the sleep associations your baby knows — a story or song — and incorporate them into his naptime routine. If you need guidance on [gentle sleep training](#) then let a sleep consultant support you in unlocking your child's potential, with their gentle, empathetic approach to sleep.

## **Respect Your Baby's Preferences**

Children who have assistance at bedtime will often need it again each time they wake. There are even children who fall asleep easily at bedtime but seek assistance during night wakings and for naps. You could reserve your quiet time together as a special time that is just for sleepy cuddles, or you may want to read a calming bedtime story to help them to drift off into dreamland. Whichever activity you choose, make sure that it is calming and soothing rather than active and lively. Babies' sleep patterns change as they get older and fall into a routine. Every baby is different. Moreover, premature babies (preemies) may behave consistently with babies of a younger age based on how early they were born. Experts call this an adjusted or corrected age. We do not recommend that babies sleep on soft surfaces such as pods or nests. If you choose to co-sleep with your baby the safest place is a clear space on a firm flat mattress the same as we would advise with a cot. Up until 1991, the recommendation given to parents was to put babies on their tummies.

Newer research shows that the chance of SIDS is much higher when a baby is placed on their front to sleep. Just make sure your baby has plenty of tummy time during the day when you can supervise. This reduces their risk of flat head syndrome (plagiocephaly or brachycephaly). The gentle approach and caring manner of a baby sleep expert allows them to assist you in the most preferable way to deal with [4 month sleep regression](#) and to assist you and your family in any way possible.

An infant's digestive system needs to have developed to support longer periods of night sleep and their calories and nutritional needs must be met during the day. We tend to see this happening between 9 -18 months. There's no magic alarm to say hey, this phase of disturbed sleep is over, but you will get a feel for when your baby starts to settle for longer and there are some things you can do to help you all settle into a longer sleep each night. So stick with it and keep on. Hopefully baby will be drowsy and relaxed but awake when you put them down to sleep. Trouble is, babies are usually shattered by bedtime and often fall asleep feeding. To avoid this, try feeding slightly earlier and have a story last thing before putting your baby down. If your baby is having problems sleeping or you need more advice about getting into a routine, speak to your health visitor. If your child is old enough to sleep through the night, it's a good idea not to have nap time too late in the afternoon, because your little one may not be tired enough when bedtime rolls around. As a rule of thumb, try and time your toddler's last or single nap of the day so that they're awake again by the early afternoon. 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.

## **Babies Are Early Risers**

For some babies, the standard fall-to-sleep techniques are not enough. Baby just doesn't want to be put down to sleep alone. After rocking or feeding baby to sleep in your arms, lie down with your sleeping baby next to you and nestle close to her until she is sound asleep. We call this the "teddy- bear snuggle." Having your baby sleep in another room during the first months is inconvenient—and may even be a danger. It's inconvenient because you have to leave your warm bed and stumble down a cold hall every time your hungry baby cries. And it's a danger because sleeping in the same room can reduce a baby's risk of sudden infant death syndrome (also known as SIDS). Beginning weaning will not make a baby sleep through the night. Sleeping through is controlled by hormones and some babies can begin sleeping through the night from 6-8 weeks but some do this much later. Check out supplementary insights on the topic of Baby Sleep Experts at this [NHS](#) link.

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