Up again 45 minutes later?

In 5 minutes, you'll know why it happens and have one thing to try tonight.

You finally sat down. Then the monitor lit up. You're not doing it wrong, and you're not the only one.

Why it happens

We all wake up between sleep cycles, many times a night. As adults, we're usually good at putting ourselves back to sleep, so we don't even remember it.

Babies are still learning. They often link falling asleep to whatever is there when they drift off, like being fed or rocked. So when they wake between cycles, they look for it again.

So the question to ask tonight:
How did they fall asleep at bedtime? Whatever it was, it's often what they look for when they wake.

Check first

- [ ] Hungry, need a change, or seem unwell? Take care of that first.
- [ ] Fever, a tooth coming through, or travel this week? Wait until they're back to their usual self.
- [ ] Worried about their health? Call your baby's doctor.

I'm a sleep consultant, not a doctor, and this isn't medical advice. In an emergency, call 911. · Swipe to page 2

ONE GENTLE STEP · FROM MY STAY-CLOSE PLAN

Try this tonight

They fall asleep in the crib, with you right beside them.

1. After your routine, put them in the crib on their back, drowsy: calm and sleepy, but still awake.
2. Say your sleep phrase, like "Nighty night, time to sleep." Then stop talking.
3. Sit beside the crib. Gently pat their tummy, without talking. Still upset? Stop patting and shush quietly instead.
4. Stay until they're asleep. Wait a few minutes, then leave quietly.

When they wake 45 minutes later

Do the same thing. Once any feeding or care is done, say your sleep phrase, sit beside the crib, and pat or shush until they're asleep. Same steps, every waking, every night.

Feeding to sleep right now? In my guide, the bedtime feed comes about 20 minutes before bed, in another room, with the lights on, so they're fully awake when they go into the crib.

This is stage 1 of 6.

My guide, **There Has to Be a Better Way**, walks you through all six stages of the Stay-Close Plan, plus the Check-In Plan side by side, so you can pick the one you'll actually stick with. Try it for two weeks. If it doesn't help, I'll refund you.
beyondgoodnight.com/guide

Kylie

Sleep consultant, and a mom who lived it. Read the safe sleep basics before changing anything, and keep your baby on their back in a clear crib.