

The Main 4 Advantages Of Sleep Consultancies

*It's OK, even good practise, to ask colleagues what they think when selecting **Sleep Consultancies**. This is especially true the more demanding or pivotal the decision you need to make and its impact on your organisation.*

Some parents say sleep training has helped them and their baby both sleep better during the night. However the long-term effects of sleep training are not well researched. Some experts do have concerns about it and do not recommend doing it, particularly for babies under 12 months. Many experts tell new parents to just “wait it out” when waiting for babies to sleep through. But I’ve found that most babies—even newborns—can learn to sleep longer and at a time that’s more convenient for the family. Sleep regression isn’t fun for anyone. Know that it’s normal and will very likely pass, given time. Stick to your normal bedtime and sleep routines, which little ones find reassuring, and your baby will hopefully be sleeping like a champ again soon. Just because you’ve heard a little babble from your baby, once they're older than six months, there’s no need to rush in to your baby’s room. Give them a chance to adapt to being awake without seeing you immediately and you never know they might fall back to sleep. If you go straight in, you’ll stimulate them which will wake them more and they will associate it with time to get up. Newborns who sleep for longer stretches should be awakened to feed. Wake your baby every 3-4 hours to eat until he or she shows good weight gain, which usually happens within the first couple of weeks. After that, it's OK to let your baby sleep for longer periods of time at night. Naps are beneficial for your little one’s mental development and can help improve mood. The right amount of nap time during the day can even help your child fall asleep at night. And, nap times can also give you a much-needed break.



Caring for a baby can be very stressful and exhausting, especially when you are sleep-deprived, coping with opens in a new windowchildbirth trauma, or struggling with a baby that cries excessively. While older children (and new parents) can

snooze peacefully for hours, young babies squirm around and actually wake up a lot. That's because around half of their sleep time is spent in REM (rapid eye movement) mode — that light, active sleep during which babies move, dream and maybe wake with a whimper. Swaddling your baby with a blanket or dressing him in a sleep sack will offer an extra dose of security — and may even help him sleep a little longer. Just be sure to stop swaddling by the time he's 3 or 4 months old, when he can roll over and wriggle out of his swaddle or blanket. Regular naps are an important part of a newborn sleep schedule. Use a guide of 45min awake time before putting your little one down to sleep again. This will help prevent baby getting overtired and over-stimulated. If you're looking for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [gentle sleep training](#) then a baby sleep specialist will be able to help you.

Keep Baby Close

Your baby's sleep cycle (the full circuit from light to deep to light NREM sleep - plus a bit of REM) lasts only sixty minutes. So about every hour, she'll enter light sleep or even briefly wake and make a short moan or squawk. Unless she's wailing, give your little friend a few moments to soothe herself and dive right back into sleep. If she's swaddled and you're playing a rough and rumbly white noise, she should settle within thirty seconds. Out of love (or guilt), you may accidentally overstimulate your infant with roughhousing right before bedtime. But as you might imagine, it's hard for your little bird to switch in just minutes from giggly fun—with the lights as bright as the noontime sun—to being alone in dark silence. (Hmmm, can you do that?) So be sure to dim the lights and stop the tickling well before lights-out. During the early weeks your baby spends most of the time either sleeping or feeding - that tiny stomach can still only hold a small amount of breast milk or formula at a time, so it needs to be topped up regularly! Overheating is one thing that can cause sweating. Thirty minutes after your baby falls asleep, check her ears to see if they're red and very warm, and feel her neck to see if it's sweaty. If she's overheated, swaddle her in a thin muslin blanket with only a diaper on. And use a fan or air conditioner to keep her cool. The National Sleep Foundation's 2004 Sleep in America poll of fifteen hundred families discovered that most infants nap three to four hours during the day, fall asleep within ten minutes of lights-out and sleep ten hours at night, with 71 percent waking at least once a night (and slightly less than half waking two or more times). A sleep consultant will take a holistic approach to create a sleeping system that you can manage and one which takes into account [ferber method](#) as well as the needs of the baby and considerations of each family member.

If you hear crying, don't rush in straight away - your little one might be crying in their sleep, or they might be awake, but able to settle themselves. Do not let your baby sleep while lying on their tummy. Babies who sleep on their tummies have a higher risk of cot death. You can give your baby some 'tummy time' when they are awake. Keep baby awake a little longer during each waking period during the day. This will help increase the need for sleep later. Some sleep experts recommend playing with your baby for a few minutes after a feeding instead of letting your baby

fall asleep. Throw away the idea that letting your baby cry makes you a bad parent (that's totally false). If you've created a stellar bedtime routine and you've offered all the right cues, and you're still not getting any sleep, gentle sleep training can make everyone happier. A soft song or lullaby sets the stage for sleep. Save the tickle monster and other rougher games for earlier in the day. Whether it's something specific like [sleep training](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

Going To Sleep At Night Is A Skill That Your Baby Has To Learn

Babies spend most of their time sleeping, usually about 15 hours a day. 10-11 hours of uninterrupted sleep in the night, followed by 3-4 hours of daytime naps are healthy for infants. There are two main reasons why your kids are not getting enough sleep. Either they are not tired enough to go to bed, or they are overtired. Put your baby to bed drowsy, but awake. This will help your baby associate bed with the process of falling asleep. Remember to place your baby to sleep on his or her back, and clear the crib or bassinet of blankets and other soft items. Just before you go to bed, top your baby off with a late-night nibble, or a "dream feed." You'll need to wake him enough so that he's not completely asleep, and you shouldn't feed him when he's lying down. Even if he's too drowsy to eat much, a few sips might be enough for an extra hour or two of sleep. In a few months, your baby will start to use crying to manipulate you. But for now, you actually want him to learn that whenever he cries, you'll come. Your predictable support during these early months nurtures your infant's trust and security. And that trust will become the solid foundation for all his loving relationships, throughout the rest of his life. Don't just give your baby cuddles when they are upset. Make sure you give them lots of cuddles and touch during the day. They will be less likely to be looking for comfort at sleep time. For [sleep regression](#) guidance it may be useful to enlist the services of a sleep consultant.

There is evidence to suggest that babies are at higher risk of SIDS if they have their heads covered and some items added to a cot may increase the risk of head-covering. Unnecessary items in a baby's cot can also increase the risk of accidents. Feeding your baby at night is similar to feeding your baby during the day in that you do not want to feed your baby more frequently than every two and a half hours. How long you let your baby go between feedings at night, however, depends on whether you have a singleton or twins. If your baby isn't rolling then consider swaddling them to help recreate the feeling of snugness from the womb. Swaddling also helps inhibit the startle reflex meaning they are less likely to startle awake. If your baby likes you rocking them to sleep or you stroking them as they drift off, night waking could simply be that they naturally wake in the night but are unable to resettle themselves as they are used to you doing that for them. You may find that a gentle massage will help to relax your baby after her bath. Try massaging her arms and legs with a little warm oil before you get her dressed for bed. Sleep consultants support hundreds of families every year, assisting with things such as [4 month sleep regression](#) using gentle, tailored methods.

Improving Bonding Between You And Baby

In the early days, accept that you will probably not get nearly enough sleep. Rest when you can, sleep when the baby sleeps and forget about the housework for now. If your baby cries when you put her in her crib for a nap or wakes up crying during naptime, you should use the same methods you did to train your baby to sleep at night. For instance, if the baby wakes up halfway through her nap, give her three to five minutes to calm down on her own before going in to help her. If the baby is still crying after five minutes, go into the nursery and use the techniques from your toolbox to encourage her to go back to sleep on her own. Rather than simply place baby in their cot and leave, it may be worth gently settling them and staying in the room for a few minutes while they settle. Your presence will help them settle quicker and once they seem to be drifting off, quietly leave. One can unearth further details appertaining to Sleep Consultancies in this [NHS](#) web page.

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