

Top tips to help your little one sleep through the night

About me



Hi, my name is Pooja Patel and I'm an Infant and Child Certified sleep consultant as well as a pharmacist.

Just like you, I'm a mum and have suffered with many sleep challenges with my daughter. At 5 months, we decided to sleep train our daughter and within a week she started sleeping through the night!

I helped a few friends in the same situation as me and the pure satisfaction of transforming lives led me to certifying as a sleep consultant.

Now I enjoy helping many other families across the world get the rest they deserve. I hope you find this guide helping in getting your little one to sleep through the night.

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Top tips to help your little one sleep through the night

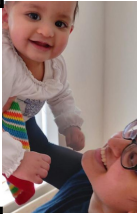
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Avoid overtiredness

This is one of the main reasons for sleepless nights. Although this sounds backwards, a rested baby will sleep much better and longer than an overtired baby.

Memorise this phrase '**Calmer days equal calmer nights**' so steer clear of busy shopping centres, parties etc because, even if baby is asleep, he/she will be in a light sleep and aware of the outside stimulation.

It is like sleeping on a flight, you may have got a few hours but you don't feel as rested as you are in your bed.



"We saw changes very quickly and got the longer naps that were so desperately needed and as time went on everything fell into place"

Ami and Saanvi (10 months)



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Create a sleep conducive environment

This means a **calm, dark (7 or 8/10) and quiet room** away from stimuli such as mobile phones, screens and mobiles.

If baby is in your room, avoid having mobiles phones and televisions on.

Keep the room temperature steady and comfortable (usually between 16-20 °C).



"After having an in depth consultation with Pooja at The Dreamy Project, she carefully out together a bespoke sleep plan for me and my son. This made me feel very safe and finally brave enough to give it a go. Having the support and encouragement made me take that next step and I didn't regret it"

Ruta and Ayaan (10 months)



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Start a bedtime routine

This can be started as early as **1-2 weeks but certainly by 6 weeks**. It can be short and simple but the idea is to have the same steps in the same order every night.

This rhythmicity will help cue baby for a longer stretch of sleep. Make sure the last stages of the routine are performed in the room they sleep with dim lighting.

This process should flow in order so avoid going from bath and getting dressed to the living room.



"It was really tough for us to get him into a sleeping pattern as we felt he might be traumatised remembering the hospital. But after meeting Pooja everything changed. We are absolutely amazed at the change in just 10 days"

Tosha and Aaryan (15 months)



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Put baby down drowsy but awake

Practice putting baby down awake from week 6-8. Bare in mind that if they are too drowsy it will not have any affect so try to ensure is ready for sleep but not too drowsy.

At the beginning just practice this as well as helping baby to sleep if needed.

From 4 months + you can give them a little more chance to be able to self settle before helping them to sleep. Mastering the skill of self settling takes time but this gentle practice will help develop it.



"Within 1 day I was no longer feeding to sleep and a month later my baby had learnt to self sooth and connect sleep cycles"

Tejel and Krish (7 months)



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Sleep space

When baby wakes or whilst he/she is trying to self settle at bedtime, **try picking them up to calm them and then place them back down awake.**

Repeating this a few times to help them become aware of their sleep space.

Try to sooth baby in their crib. We want baby to feel safe in there and to feel that you are close by.



"Before we met Pooja our little Sophia was lasting about 2-3 hours in her cot. (which was in our room). This method is so gentle and kind and I never felt like Sophia was feeling traumatised"

Sarah and Sophia (12 months)



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Sleep Needs Chart

How Much sleep?

Age	Number of Naps	Average Nap Length	Wakeful Window	Total Daytime Sleep	Total Night-Time Sleep	Total Sleep
0-3 months	4-5	Varies	45-90 mins	Approximate	8.5-10 hours	16 hours
3-6 months	3-4	45-75 mins	1-2 hours	4-5 hours	8.5-10 hours	14 hours
6-8 months	3	1-1.5 hours	1.5-3 hours	3.75 hours	10-12 hours	14.5 hours
9-11 months	2	1.5 hours	2-4 hours	3 hours	11 hours	14 hours
12-14 months	1-2	1-2.5 hours	4-6 hours	2.5 hours	11.25 hours	13.5 hours
2 years	1-2	1.5-2 hours	5-6 hours	1.5-2 hours	11.5 hours	13 hours
3 years	1	30 mins- 1.5 hours	6+ hours	30-90 mins	10.5-11 hours	12-13 hours

This is just a guide to aim for you little ones sleep.

Need more help? See the next page on how to book a FREE discovery call with me

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BOOK A FREE DISCOVERY CALL NOW

Is your child:

Waking multiple times per night?

Waking early in the morning?

Taking forever to settle

Feeling groggy due to lack of sleep?

Using you as a human pacifier or comforter

Are you:

Completely exhausted and barely functioning?

Hoping little one will sleep through the night one day?

In desperate need of sleep and time for yourself?

Worried about the impact of sleep deprivation on your child?

In this call you will:

- Find out what I can do to achieve a peaceful, calm and stress free bedtime
- Get clarity on what is happening with your little ones sleep
- Understand how things could be if your child sleeps through the night
- Get to discuss options that suit you and your family

0 RISK, 0 COST. CALL TO SEE IF I CAN HELP

BOOK NOW!

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