



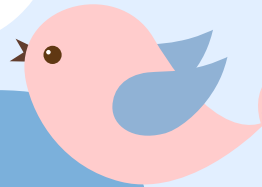
Solving those Early Morning Wakings



What is an early morning waking?

Waking before 6am after less than 10.5 hours of nighttime sleep is considered an early morning.

Read below for THREE common culprits of early morning wakings. Remember that early mornings take the longest to fix, since your little one's sleep drive is the lowest in the early morning hours. Try these tips to get your early bird sleeping later for at least 2 weeks before trying something else!



Overtired

The biggest culprit of early morning wakings is overtiredness. Watch your wake windows closely during the day. If naps were short, or the last nap of the day ended early, move bedtime up earlier.

Feeding

Are you feeding your little one a bottle or cup of milk first thing in the morning? Try to avoid feeding for the first 10-15 minutes after getting your little one out of bed.

Incentive

Does your little one get to lay in your bed with you when they wake up? Does he/she get to watch her favorite show with a snack on the couch right away? You're providing too much excitement about starting the day! Keep things boring for the first 15 minutes.

Other Tips:

- Any amount of morning light can stimulate your baby and wake them up. Make sure it's REALLY dark.
- The goal wake time for your little one should be 11-12 hours after their bedtime.
- Make sure your little one is not exceeding the recommended amount of daytime sleep!

