



# THE "BIG 4" SLEEP TANKERS

Most problems with sleep can be chalked up to one (or more) of this list of common "sleep tankers." If you're having issues, ask yourself if any of these are why.

## OVER-TIREDNESS



Most children (but livewires especially) don't get more tired without sleep, they get wired. Knowing how much sleep they need and how long they can be awake at a time can be the easiest thing you could do to improve all sleep.

### Problems that could stem from overtiredness:

- Early rising
- More nightwaking
- More fussiness/protest at bedtime
- Short naps

## PROBLEMS WITH THE ROUTINE



Having a solid wind-down and consistent routine can be key to a good night. For infants, this means separating a feed/bottle from getting put into the crib. For older children, a bedtime chart can help you and them stay on track.

### Problems that could stem from a wonky lead-up:

- Needing to be fed back to sleep (infants)
- Tons of negotiation/requests (toddlers+)
- A long time to go to sleep
- Lots of wakeups



## YOU ARE STILL PART OF THE GO-TO-SLEEP PATTERN

The key to having a more manageable sleep pattern is to transfer the work of sleep from you to them. If you are still singing or lying with them or rubbing their back, YOU are part of their pattern and they will need you when they wake at night. Double check that once you have stopped rocking/ feeding/patting, etc., it's a full stop. You really have to keep nudging them to do more of the work.

### Problems that could stem from still "doing" when you've been working for a while

- Progress stalls (still waking, etc.)
- You are "stuck" (in their room, etc.)



## YOU'VE BEEN EVEN A LITTLE INCONSISTENT

With livewires, you have to be soooo on point. Even a teeny wobble is clocked and now the jig is up. They know that there's room for negotiation. Was there any inconsistency or difference in what you've been doing? Was there ever a moment when you 'called it' and just fed/rocked to sleep?

### Problems that could stem from wobbliness or back and forth:

- Way more protest when you try again
- Progress stalls or you go backward

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## PROBLEMS WITH THE LEAD-UP TO LIGHTS OUT

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