

Your guide to **EARLY RISING**

Tips to help you combat your little
one's early waking



The Good Snooze Company



Being woken up by your little one before 6am is a real issue for a lot of families, and can be frustrating when you're not sure how to resolve it.

Even if your baby or child is sleeping well the rest of the time, why are they waking up at 5am?!



What is early waking?

Early waking is when your little one is waking up before 6am, and is struggling to settle back to sleep.

Some babies are naturally early risers, but that doesn't mean you should be starting your day at 5am every day.

Whether your little one is waking up grouchy, restless and clearly in need of more sleep, or they are happily chatting away to themselves and ready to start the day, I'm here to give you some hints and tips to keep them snoozing past 6am.



1

Their environment

Morning light

If morning light is creeping into your little one's bedroom, especially during the summer months, it tells our brains that it's time to wake up. Make sure the bedroom is completely dark using blackout blinds or even tin foil.



Temperature

The temperature drops in the early hours of the morning, meaning your little one may be waking up a bit chilly. Putting an extra vest or some socks on will help them regulate their temperature and keep them cosy, especially during their lighter sleep in the early hours.

2

Sleep schedule

If your little one is taking too much or too little sleep during the day, or at the wrong times, this can cause them to be either over or undertired when they go to bed. Both of which can be cause for an early wake.

It may seem counterproductive, but if your little one is overtired in the afternoon, it is beneficial to give them an earlier bedtime (no earlier than 6pm) to help them catch up.

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2

Sleep schedule

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Ensure that your baby is getting the right balance of sleep according to their age and their sleep needs.

If your baby is going through a nap transition, you will need to gradually shift naps and bedtime to make sure they are still getting the right amount of sleep in a 24 hour period, with the appropriate wake windows.



If you are struggling with nap transitions or short naps, I offer a 30 minute troubleshooting consultation.



Sleep associations

If your little one is used to you stroking their hair until they fall asleep, it is likely that they will be stirring in the early hours and wondering where that support has gone.

Learning how to fall asleep independently is an important skill for little ones to learn - I recommend practicing at bedtime when you know your little one is tired and ready for a snooze.

Please remember that sleep 'training' does not have to involve letting your little one cry themselves to sleep for hours. I offer gentle yet effective sleep support methods. Contact me to find out more.



About The Good Snooze Company

My mission

I am here to support you and your family with getting the good snooze you need. I work with parents of newborns up to 5 years old, and offer gentle yet effective sleep support methods. My 1:1 consultations provide personalised and tailored advice to suit your little one's personality and your parenting preferences.

About me

Hello! I'm Charlotte, certified Infant Sleep Practitioner, founder of The Good Snooze Company, and Mum to two amazing boys.

I am pretty much obsessed with sleep, and am passionate about sharing my knowledge and experience with other parents just like you.

As a parent of two under two, and having experienced postnatal depression, I understand that parenting can be hard - my aim is to make sleep one less thing to worry about.



Let's keep in touch!



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