

A blurry background image showing a baby's hands holding a white cup with a green lid. The baby is wearing a pink shirt. The background is a blue and white striped surface.

Society Obsessions Jeopardizing
Baby sleep & Your sanity

Society Obsessions

All the society obsession that are jeopardizing your baby sleep

These were theories we had when we thought sleep was something that could be taught. But now we realise they don't actually support your baby's biology. Some even make it worse.

NAP SCHEDULE

Long naps in the dark, quiet & crib

drain the build-up of sleep pressure needed for those longer night stretches you've been dreaming for.

→ So go grab a coffee with a friend, let them (shorty or not at all) nap on the go.

Keep baby up all night

BEDTIME ROUTINES

A consistent routine

... to prevent night wakings. Deep sleep depends on the circadian rhythm. One of the key supports?

Consistent social and sensory experiences, not consistent bedtime.

→ So let your baby meet your people today. Go back to your singing social, they miss you

Keeps parents from getting back to their people

STAY CALM & QUIET

Avoiding overstimulation

... is delaying the moment your baby is provided with the 2 things needed to fall asleep: Sleep pressure + Sensory needs.

If your baby falls asleep in calm and quiet, perfect. If not, please take the short cut: meet their sensory needs.

Stop trying to keep things quiet and low key (aka : boring).

→ Bring back fun, rough play, silly cuddles at bedtime. (Btw: biological bedtime is around 8:30-9pm, not 6-7pm)

Make kids wired at bedtime & battle

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TEACHING SLEEP

Avoiding “wrong” sleep associations

... at nap or night keeps everyone awake, raises cortisol, and sends the wrong signals to the circadian rhythm (the one responsible to find deep and predictable sleep).

→ Stop fighting them—use them to get everyone back to sleep faster.

Keep parents completely drained out

SLEEP BREEDS SLEEP

It's parent's job to make sure baby sleeps

... it is genuinely a meltdown generator, creating intense, intense and inconsolable cries.

Stealing everybody energy, time and cool, trying to make sleep happen when it is meant to happen.

→ Sleep should not be the center of your life and mind. Living this life together should.

Generating a Baby Velcro Effect

Keeps mum away from being given the choice

THE MOTHER

Baby is biologically wired to mum's body

... only because it is the safe sensory place that as 9 month advance in sensory engineering. After 9 month in the womb, baby can finally touch dad, other adults, and sensory information are now available to their full power, to invite the calm, peace and feeling safe set up

→ The resources are available, only waiting to be activated

Bedtime Routine

Is Routine really helping Baby Sleep Better?

Better How ? Where ? Longer stretch ? Less night Waking ? Better Bedtime? What the numbers in studies say about it:

That effect is not powerful enough for a baby during the first months.

The routine set us free from the constant flow of mental load that support exhausted parent's brain

Routine gives us structure. With a routine set-up we get let ourself go on auto-pilote.



**not aimed for
Baby Sleep**



**aimed to support
the parent**

The anticipation effect that comes with the routine give the child the feeling of being in control, be in the known, and open the door for cooperation

The routine as been shown to make sleep baby better in the sense, it shorten how long bedtime will be and lesser the bedtime battle (but does not help stretching the sleep pattern itself)



**Support
Cooperation &
Cognitive Needs**



**Help when
Bedtime takes ages**



**Not helpful before
this needs arrive
(after the 1st Birthday)**



**Reduce the
wake ups**



**Help Find Deep Sleep
Bridging Sleep Cycle or
Middle of the night needs**