

BEDTIME ÷ 3

1. MELATONIN FIX

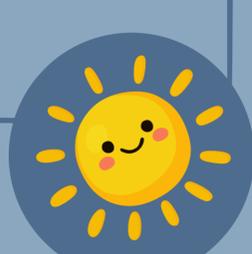
Aim for 15-30 minutes of natural light exposure in the first wake window

Why This Works

Melatonin = the sleepiness hormone

Morning exposure to natural (sun)light regulates melatonin to optimal level at bedtime

Result: easier settling at bedtime



Extreme weather?

Find shade or bundle up

OR make do indoors: spend the first wake window near the biggest window at home



Avoid bright white light in the 1-2

hours before bedtime: prefer yellow/red and dim lighting

2. MAGIC CALM

During each bedtime routine, breathe slowly and deeply, into your belly

Why This Works

Slow deep belly breaths calm your nervous system

Your baby's nervous system is regulated by yours

Result: calmer bedtimes and deeper sleep



Too stressed? It works too!

The calming effect of diaphragmatic (=belly) breathing is involuntary; your system calms down even if you don't feel calm

BONUS

Guided Breathing Audio

(free download [here](#))



3. THINK FALSE-4

Recognize the 4 common false sleepy signs to avoid starting nap and bedtime too early

Why This Works

The False-4:

- (1) bored
- (2) hungry
- (3) busy digesting food
- (4) need to make a bowel movement

For many babies these 4 things present as sleepy signs, but aren't a sign of needing sleep

Think False-4 whenever unsure if it's nap or bedtime already

Result: reduced resistance at bedtimes



Even if you use wake windows or a timed schedule?

Yes, sleepy signs are always valuable because baby's needs evolve



Catch changes early by knowing when you're baby is truly ready for sleep