

Is Technology Making Sleep Trainers Better Or Worse?

*Here are lots of mouthwatering tips around the subject of **Sleep Trainers**.*

Routinely putting a baby to sleep on the stomach raises her risk of SIDS about fourfold. But SIDS risk jumps even higher (eight- to thirty-seven-fold) when young babies (under four months) are put to sleep on the back but accidentally roll to the stomach. While your baby is still learning to regulate their body temperature, it's important that they don't get too hot or too cold. A rule of thumb is to dress your baby with one more layer than you would normally wear yourself for bed and then wrap them securely in a blanket, or place them in a baby sleeping bag with the correct tog rating for the room temperature. Some parents find it helps to place their baby sleepy, but awake, in their cot or Moses basket. But there is no evidence to back this up. Keep baby awake a little longer during each waking period during the day. This will help increase the need for sleep later. Some sleep experts recommend playing with your baby for a few minutes after a feeding instead of letting your baby fall asleep. Babies aren't born knowing how to put themselves to sleep when they're tired or how to wake up when they're well-rested. This is all learned behavior. If your newborn sleeps like a vampire all day and is up all night long, or if she's exhibiting other common infant sleep patterns like frequent night wakings, restless sleeping or early waking, it's all completely normal. Her sleep patterns will evolve as she grows. Where babies nap is up to you and your lifestyle. Some mums love the freedom of putting them in the buggy and going for a walk; others prefer to stay at home to get a break. If you're keen on getting a daytime routine going, then their cot/bedroom is the best place. Don't creep around while they're sleeping, though: it's better they get used to sleeping through a bit of noise.



Keeping your newborn safe while they are sleeping is of the utmost importance. Position your baby on their back to sleep, with no loose bedding or pillows in the crib. Use a firm, flat, cot mattress to help them maintain a safe sleeping position and keep an eye on their temperature to ensure that they are neither too hot nor too cold. If you have a partner, share the burden. If you are breastfeeding, this may mean asking your partner to do the early morning changing and dressing so that you can go back to sleep. Baby's wakefulness at night is often a clue for mothers who breastfeed that something in their diet is not agreeing with their baby's tummies. Out of love (or guilt), you may accidentally overstimulate your infant with roughhousing right before bedtime. But as you might imagine, it's hard for your little bird to switch in just minutes from giggly fun—with the lights as bright as the noontime sun—to being alone in dark silence. (Hmmm, can you do that?) So be sure to dim the lights and stop the tickling well before lights-out. Whether its something specific like [4 month sleep regression](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

A Soothing Environment

It can be frustrating – not to mention exhausting – when your baby just won't go to sleep or stay asleep. Those first few weeks with a newborn are bound to be chaotic, since newborns have day/night confusion and need to eat every few hours around the clock. They may snooze through the afternoon and then be up all hours of the night, even after you've fed and changed them. If bedtime is too late, your infant will get so exhausted during the day that she falls asleep in the car while you're running errands with her. At bedtime she'll be cranky from overfatigue. And she'll have fitful sleep, whining and calling out every time her mind bobs into light sleep. Bedtime routines reinforce babies' natural circadian rhythms, helping teach them the difference between day and night. Later on, a baby bedtime routine helps little ones to slow down and prepare mentally for bedtime. If you have a really sucky baby, consider using a dummy for bedtime and during the night settling. Once babies are over about 5 months they can learn to put a dummy back in for themselves, which means you don't need to feed them back to sleep. If you're reading this through bleary eyes and the fog of fatigue, try to be patient with yourself and your little night owl. It's a good idea to sleep when your baby sleeps if you can and get help from loved ones to prevent extreme exhaustion. A sleep expert will be with you every step of the way, guiding you on how best to find a solution to your sleep concerns, whether its [sleep training](#) or one of an untold number of other things.

Keep the room (but not necessarily the whole house) quiet. Your baby may sleep better in a quiet bedroom, but unless your little one wakes easily at the smallest sound it might not be necessary for everyone in the house to walk on tiptoes. A bit of background noise and activity around the house could help reinforce the difference between your child's day and night routines. Once your baby can roll from his back to tummy and tummy to back, your baby can stay in the sleep position that he assumes. But always place your baby to sleep on his back. There'll

be a well-meaning someone or other who'll tell you that their little one slept through at 12 weeks after introducing a spoon of baby rice at bedtime and you'll start to wonder if there's any merit in these old fashioned ways. Babies actually feel more secure sleeping on their tummies, but that sleep position is linked to a much higher incidence of sudden infant death syndrome (SIDS). So experts recommend always putting your baby on her back to sleep. Hunger is a common reason babies wake during the night. Babies need to eat to grow, so it's not healthy to try and change this need or retrain it. Even if you know that you just fed your baby a couple of hours earlier, check to see if food is what your little one needs. There are multiple approaches to [gentle sleep training](#) and a sleep expert will help you choose one that is right for you and your family.

Infant Sleep Is A Moving Target

You need to help your baby understand this. You do this by socialising as little as you can at night. Save stimulating social interaction for daylight and evening hours. Attend to your baby and feed in low light overnight. Also avoid rushing to the cot at the first sign of stirring. Your baby may well resetttle if left for a moment or two. When it comes to family sleeping arrangements, different cultures have different approaches. In the UK the Department of Health advises that for the first six months, the safest place for your baby at night is in a cot in your bedroom. This is because being close to you is thought to reduce the risk of sudden infant death syndrome (SIDS, also sometimes referred to as 'cot death'). Babies sleeping in the parents' bed has also been linked to a higher risk of sudden infant death syndrome in some cases. If you do choose to have your baby sleep in bed with you, make sure you position your baby with care. You don't want them covered by bedclothes or too hot. Also think about where you and your partner sleep so that you don't roll onto your baby by accident. Make sure your standard crib is set up properly and that the mattress is at the correct height. You don't need any bells or whistles like blankets, pillows or bumpers to keep your baby comfortable. Safety is essential and anything like that is not safe for a sleeping baby. Where should your baby sleep? Having a baby is a steep learning curve and aspects such as [ferber method](#) come along and shake things up just when you're not expecting them.

Certainly, a cat nap can't replace your full 8 hours, but when nights with a newborn have you sleep deprived, don't disregard the effectiveness of a short daytime rest. According to the National Sleep Foundation, 20 minutes is all it takes to experience benefits like better mood and improved alertness. Say some comforting, predictable words to your baby before leaving the room, like "Goodnight, I love you," with a stroke on the cheek and a kiss on the head. Eye rubbing, yawning and some fussiness are all classic signs your baby is ready for bed. She might also suck her thumb or pull on her ear. Stick to your baby's sleep routine as much as you can. Plan ahead if your baby's routine may need a temporary change, like if you're going out of town travel or attending family parties. Change his bed time the best you can but try to get back to his schedule and routine as soon as possible. Sleep, and getting enough of it, is a common concern for every new parent. With a new baby in the home it's inevitable that you will find sleep is in short supply. If you're looking

for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [sleep regression](#) then a baby sleep specialist will be able to help you.

Sharing A Bed With Your Baby

Young infants understand the world in a very sensory fashion, which is why they find the warmth and softness of your arms so soothing. In fact, research shows that a baby can tell if she's being held by one of her parents or someone else. She knows what Mommy feels and smells like. The goal of massage is to help your infant calm and prepare for sleep. So warm the room, turn down the lights, cover her body with a soft towel to avoid chills, and rub a little slippery stuff (like cocoa butter or almond, avocado, or coconut oil) between your hands. Play your white noise quietly in the background plus a lullaby or other relaxing music. There is nothing wrong with the bonding process of cuddling your baby. However, if you find you cuddle your baby to sleep and they can't get to sleep on their own then you might need to implement a bedtime routine to separate the cuddles and the baby going off to sleep. You can get further particulars regarding Sleep Trainers on this [NHS](#) article.

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