

# Five tips to get your baby on a sleep schedule

As a new parent, you may be wondering if there's anything you can do to improve your baby's sleep habits—and if you'll ever sleep again. We've got you covered.

Check out these five tips from Maven Pediatric Sleep Coach and founder of Rest Well Baby, Tracie Kesatie, that can help promote a healthy sleep routine for your baby, so you and your family can (finally) catch some much-needed Z's.



# 01 Know if your baby is ready to follow a sleep schedule

Sleep needs depend on the age of your child. During the first few months, a baby's sleep schedule will change from day to day because they haven't developed their Circadian rhythm yet.

"Most babies aren't able to follow a sleep schedule until around three to four months of age." Before three to four months, Kesatie recommends taking note of "wake windows." Wake windows are the maximum amount of time your baby can tolerate being awake between naps or before bedtime without getting cranky or overtired.

## Average sleep needs for a baby's first year of life

BABY'S AGE	TOTAL SLEEP NEEDED	NO. OF DAYTIME SLEEPS	DAYTIME SLEEP NEEDED
0-2 months	15-16+ hours	3-5 naps	7-8 hours
3-5 months	14-16 hours	3-4 naps	4-6 hours
6-8 months	14 hours	2-3 naps	3-4 hours
9-12 months	14 hours	2 naps	3-4 hours



# 02

## Set a consistent wake time and bedtime

Once your baby is old enough to be on a set schedule, Kesatie recommends sticking to it as closely as possible. Start your baby's day around the same time every morning and put them to bed at the same time every night.

## 03

### Notice your baby's sleepy cues

To help your baby get on a pattern of sleep, look out for “sleepy cues.” Sleepy cues are signs that a baby is getting tired. “Every baby is different,” Kesatie says “It’s an art, not a science. You need to look at both a clock and your baby’s sleepy cues to determine when it’s time for rest.”

Common sleepy cues include:

- Yawning
- Losing interest
- Zoning out
- Looking away
- “Tired eyes” (red or pink around their eyes)
- Tugging on their ears
- Fussiness
- Searching for the breast, bottle, or pacifier to self-soothe to fall asleep

## 04

### Keep a sleep log

It can be helpful to keep a written record of your baby’s sleep habits, even if it’s just in the notes app section of your phone. “A sleep log can help you see patterns over time,” says Kesatie. “Jot down what time your baby woke up in the morning, what time they napped, and how long they napped for.” Your sleep log can reveal if there are inconsistencies keeping your baby from forming sleep cycles and patterns.

## 05

### Don’t hesitate to take time for yourself

It can be hard to remember when you’re focused on your baby, but it’s so important to take care of yourself as a parent. “Don’t be shy. Reach out for help when you need it,” Kesatie recommends. It really does take a village, so take shifts with a partner, get in-person or emotional support from friends and family.

“ It sounds so simple but it can be really helpful. We all sleep best when we sleep and wake at predictable times. Babies, and even toddlers, thrive with routine.

**Tracie Kesatie**

Founder of Rest Well Baby and  
Maven Pediatric Sleep Coach

