

*The useful
Guide to*

BETTER SLEEP

For tired parents



INTRODUCTION

You recently became a parent and you've had many sleepless nights during the previous months.

Sometime and somehow your little one has started to sleep longer stretches of sleep at night, but now you have a problem.

Despite being overtired and suffering from sleep deprivation you cannot get the restorative sleep you and your partner deserve.

It's OK to ask for help!



WHY IS SLEEP SO IMPORTANT?

Even if there is no 100% consensus why we actually need to sleep, most specialists agree upon the negative impact of sleep deprivation on our health.

Many studies evaluating the effects of sleep deficiency on health indicate that sleep affects our emotional well-being, cognitive function, daytime performance, physical and mental health.

We all know how dysfunctional we could be if we are not able to sleep enough, especially if we are not that young anymore.

However, we undervalue sleep because we take it for granted, as a birth right given to us for FREE!

It is only when we don't have it or can't get it that we realize how important sleep is and what a huge impact it has on our health and well-being.

We are now experiencing a global epidemic of sleep deprivation living out of sync with nature, a crisis mainly caused by too much technology.

So the best thing we can do for our health is to make sleep a priority and reconnect to our natural biorhythm!

Let's take a few steps together!



"Everything you do, you do better with a good sleep."

Dr. Michael Breus – The Sleep Doctor

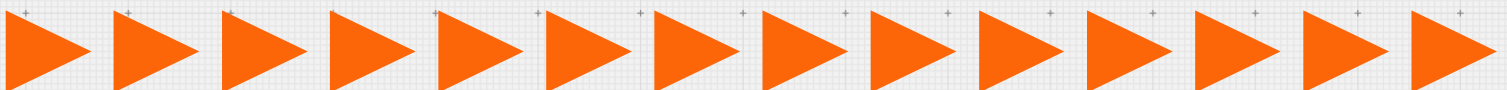
TIPS FOR BETTER SLEEP

- 1** Go to bed and wake up at approx. the same time (including during holidays or weekends)
- 2** Try to find out what type of sleep person you are (owl or lark) and find the right moment for you to go to bed (when you feel sleepy and need the least of time to fall asleep)
- 3** Get some natural light in the morning, every day, for minimum 1 hour
- 4** Do some exercise in the morning and just some walks or light yoga during the late afternoon, no heavy stuff before bedtime
- 5** Have short 5–10-minute walk or stretch breaks every 2 hours during the day
- 6** Have dinner between 7 and 8pm, the latest (your kids can have dinner a bit sooner because of earlier bedtime)
- 7** Avoid heavy, fat or spicy food at dinner
- 8** Avoid sweet desserts in the evening or have them right after dinner to avoid blood sugar fluctuation at night
- 9** Limit your liquid intake 3 hours before bedtime (except for a few sips if you need to take your medicine)
- 10** Avoid caffeine after 2pm



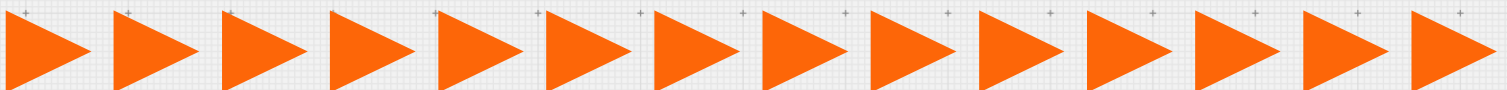
TIPS FOR BETTER SLEEP

- 11** Limit alcohol to one glass of wine or max. 2 beers in the evening, but not later than 3 hours before bedtime
- 12** Keep the sleeping room cool, dark and quiet (the same boring white-noise your kid uses could also help)
- 13** No electronics or EMF devices in the bedroom
- 14** Use candles, red light therapy or orange light in the evening, simulating sunset
- 15** Use bed just for sleep and sex, not for work or eating
- 16** Use glass protection for watching TV or any other screens in the evening
- 17** Shut off your electronics or put them on airplane mode min. 1 h before bedtime
- 18** Avoid napping during daytime (it can steal away from your night sleep)
- 19** Practice some meditation or prayer shortly before bedtime
- 20** Try not to go to the toilet during the night (your body will soon get used to it) and if you do, use a red dim light



TIPS FOR BETTER SLEEP

- 21** Cuddle and connect with your loved ones and have some cosy wind down ritual before bedtime (bath/shower, massage, gratitude talks with your family/friends etc.)
- 22** Do not check the clock or turn on the light if you wake up at night
- 23** If you cannot fall asleep after 15-20 minutes, get up and try to do some quiet activities like (audio) reading, meditation, journaling, tapping etc. until you get sleepy and then go back to bed
- 24** Try deep breathing exercises (3-4-7 sec.) and belly breathing if you have difficulties falling back asleep
- 25** Check yourself for vitamin D, Mg, Zn, Fe, your gut health, hormone level and the thyroid gland – very important for sleep regulation
- 26** Make sleep a priority in your life and take good care of yourself emotionally too!



The same way we can regulate our sleep and get the restorative sleep we all need and deserve, you can help your baby or toddler learn how to sleep better and develop healthy sleep habits for life.

**If you need more support
with your baby's sleep**

BOOK A 1:1 DISCOVERY CALL



<https://happybabyschlaf.com>