



Joanne Lozman

SLEEP CONSULTING

WAKE WINDOWS
&
NAP GUIDANCE

WELCOME!



I am Joanne

*a certified sleep consultant and
mother of two wonderful boys, Oscar and Isaac.*

*As I have been a sleep deprived parent
with my first son, I really want to help others
by sharing my passion, experience and knowledge
of children's development and learning.*

**IN THIS GUIDE I WILL EXPLAIN
THE IMPORTANCE OF HAVING
A REGULAR SLEEP RHYTHM
FOR YOUR CHILD.**

Let's get started!

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Natural sleep rhythm for kids

Kids, as with all people, have a natural rhythm when it comes to sleep.

Our bodies secrete hormones to keep us up and running during the day, and different ones to help us rest at night. They're dependant on a variety of factors, but **timing is the most prevalent.**

So what happens when your little one stays awake past the time when these natural cues to sleep are activated? Well, the body assumes there's a reason that it hasn't been allowed to get to sleep, assumes that there is a need to stay awake, and fires up those daytime hormones again.

And that's when the trouble starts, because once those signals to stay awake get fired up, they're tough to shut down, and baby's already tired. So **less sleep leads to more daytime hormones,** and the cycle perpetuates itself.

Natural sleep rhythm for kids

My advice would be to
always stay aware of the schedule
to try and make sure naps are happening
when your little one needs it.
They should nap much better
(and go to sleep much easier)
if you do so at the right time.

Useful tools to have on hand for that are

Wake Windows
&
Number of Naps

I know that this schedule can sound a little rigid for new parents
who aren't used to it.

After all, an hour at a time is barely enough time
to get a nappy changed, a feed in, and a little bit of playtime before
baby's got to get back into their crib and down for another nap.

But I can assure you,
no client I've ever worked with has ever come back to me
after implementing it and said,

"I have a feeling that my baby is getting too much sleep."

Wake windows

What they are?

A wake window is the amount of time that your baby can cope with being awake.

This time gradually increases as the baby gets older.

The wake window for a newborn baby is 45 minutes. This means that baby is awake, has a full feed, a nappy change, little bit of play and then back to bed after 45 minutes.

If you stick to the appropriate wake window your baby should have an ***easier time falling asleep.***

Once they start to get overtired their cortisol and adrenaline levels start to increase meaning they become wired and will have a very hard time falling asleep.

Wake windows

What they are?

I had no idea about wake windows when my son was born.
I presumed he would fall asleep when he was ready
but this definitely didn't happen!

He would start to get fussy and would twist his body
so *I presumed he needed another feed.*
It didn't even occur to me that he was tired!

Signs of tiredness in a newborn could be:

CRANKY / FUSSY
RED RIMMED EYES
STARING
ARCHED BACK / TWISTING
TURNING HEAD INTO YOU

Wake windows

Why they are so important?

Since becoming a sleep consultant and learning everything there is to know about children's sleep I now know the importance of wake windows. Some of my clients had no idea about wake windows and ***once we made a ideal schedule including these windows then they found **their little ones can fall asleep much easier than they did before!*****

The wake window is classed as the time from when the baby woke to the time you put them down to sleep in their sleep space. So if your little one is fighting their naps or is overtired at bedtime, then try following their appropriate wake window. ***Going to sleep at the right time for their age might just make it a bit easier for them (and you!).***

Wake windows

by age

<u>AGE</u>	<u>TIME AWAKE</u>
Birth - 6 weeks	45 mins - 60 mins
6 weeks - 10 weeks	1 hour - 1 hour 15 mins
11 weeks - 15 weeks	1 hour 30 mins
4 months - 5 months	2 hours
6 months - 7 months	2.5 hours - 3 hours
8 months - 10 months	3 hours
11 months - 12 months	3.5 hours - 4 hours
13 months - 18 months	4.5 hours - 5 hours
1.5 years - 2.5 years	5 hours - 5 hours 30 mins
2.5 years - 3 years	5 hours 30 mins

Number of Naps

by age

<u>AGE</u>	<u>NUMBER OF NAPS</u>
Birth - 6 weeks	4 - 6
6 weeks - 10 weeks	3 - 4
11 weeks - 15 weeks	3
4 months - 5 months	3
6 months - 7 months	2 - 3
8 months - 10 months	2
11 months - 12 months	2
13 months - 18 months	2 - 1
1.5 years - 2.5 years	1
2.5 years - 3 years	1 - 0

*It's simple and intuitive,
right?*

Thank you so much for downloading

Joanne Lozman's

WAKE WINDOWS & NAP GUIDANCE

I hope you will start **today**.

If you would like to talk
a little bit more and
make a plan for your baby?

Please book a free
15 minute call here:

[BOOK A FREE
15 MIN CALL](#)

Is it easier for you
to **share your thoughts
and concerns in person?**

Let's meet at one of my events:

[UPCOMING EVENTS](#)

Are you looking for
more support and help
to **improve your
baby's sleep?**

[PACKAGES](#)

Want to learn more
about newborn, baby, toddler sleep,
and know what to expect?
Check out the **latest article** on my

[BLOG](#)

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Joanne Lozman Sleep Consulting

sleep@joannelozmanconsulting.com | +31615565344 | joannelozmanconsulting.com