

What Are Sleep Experts And Why Is This Subject Essential Now?

*Decisions, decisions! Our lives are brimming with them, from the small and routine, such as what to wear, to the life-changing, such as what **Sleep Experts** to invest in.*

290 babies die unexpectedly before their first birthday every year. Many of these deaths are classified as Sudden Infant Death Syndrome (SIDS) or cot death, which usually happens when babies are sleeping. No-one wants to think that the worst will happen to their baby but it's important that parents and carers know the risks and what they can do about them. It can seem challenging to follow safer sleep advice when you are very tired and it may be tempting to do something different. Following safer sleep advice for every sleep; day and night, is key to reducing the chance of SIDS. Unfortunately, for some babies, doing something different such as sleeping a baby on their tummy on one occasion can put them at risk. The baby's mattress should be firm and free from tears and sagging, which is why it is always advisable to use a new mattress for a new baby. During the night keep things as calm as possible, talk quietly and avoid over stimulating your baby. By contrast, during daytime feeds, chat and sing to your baby and keep the environment light and bright. Just because your newborn doesn't want to fall asleep doesn't mean she's not tired. She is. Very. But being overtired can rev her up and make it that much harder to get to bed. The best way to get ahead of an overtired baby situation is to learn your child's sleepy cues. Some infants rub their eyes with their fists, yawn or get extra fussy. Yours might do something else as a sign that it's time to rest. To help your baby establish a healthy circadian rhythm, start by making sure your baby gets plenty of daylight and stimulation during the day. While young infants need several naps during the daytime, you can experiment to find a napping schedule that makes your baby tired enough to get to sleep at night without being overtired.



Babies, especially really young ones have much more light sleep than adults and older children. This means that they have more opportunities to wake up and when they do, many infants need help to get back to sleep. Speed bumps in the sleep department are a common, and even normal, part of babyhood. The good news is that they're usually solvable. And even if you can't do much to fix them (like a newborn mixing up her days and nights), take comfort in knowing that they're temporary. As your baby grows and changes, so too will her sleep. Some babies are so revved up during the day that they have trouble winding down at night. Place your baby in a baby sling and wear her around the house for a half-hour or so before the designated bedtime. When she is fully asleep in the sling, ease her out of the sling onto her bed. Self-soothing is when babies can settle back to sleep independently, either at night or during a nap, without the need for help from their parents. During the first year your baby may sleep well for several months, and then start to wake up frequently at night. Self-soothing is the key to your child (and

therefore you!) being able to sleep through the night again. If you're looking for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [Ferber Method](#) then a baby sleep specialist will be able to help you.

Timing Is Critical

Introduce some additional positive sleep associations and allow several days for your baby to become attached to them before you start teaching self settling. For example, start putting your baby into a sleeping bag before you feed her, give her a comforter to cuddle while you feed her and play white noise during the feed as she falls asleep. If a child has had help, they often wake up once that help is taken away (for example, many babies wake up the moment a parent places them in their crib, even though they appeared deeply asleep while being held). In the early days, accept that you will probably not get nearly enough sleep. Rest when you can, sleep when the baby sleeps, and forget about the housework for now. Put your baby to sleep on his back on a flat, firm surface, like in a crib or bassinet. Do this every time your baby sleeps, including naps. Most newborn babies are asleep more than they are awake. Their total daily sleep varies, but can be from 8 hours up to 16 or 18 hours. Babies will wake during the night because they need to be fed. Being too hot or too cold can also disturb their sleep. A sleep consultant will take a holistic approach to create a sleeping system that you can manage and one which takes into account [How To Become A Sleep Consultant](#) as well as the needs of the baby and considerations of each family member.

Waking your baby - after you ease her into bed - sounds nuts, but the wake-and-sleep technique will bring you many hours of added slumber by preventing sleep problems before they develop. Too many layers can leave your baby sweaty and cranky, which does little to help her sleep. Remember that babies usually need just one more layer than adults, so a vest with a cotton sleep sack should be enough for most climates. If at bedtime your toddler has started seeming more awake than usual and still active whereas a few weeks or even days before he seemed ready for sleep, this can be another sign that your little one doesn't need the daytime nap anymore. Do put your baby to sleep on his back on a flat, firm surface, like a crib mattress covered with a tightly fitted sheet. Use only the mattress made for your baby's crib. The mattress should fit snugly in the crib so there are no spaces between the mattress and the crib frame. The mattress shape should stay firm even when covered with a tightly fitted sheet or mattress cover. It's not advisable to put anything into your baby's cot while they sleep under seven months. However, as they get older it's OK to try an activity centre attached to the side of the cot. Therefore, if they wake and it's still early they may be able to entertain themselves for a while longer. The gentle approach and caring manner of a baby sleep expert allows them to assist you in the most preferable way to deal with [Sleep Regression](#) and to assist you and your family in any way possible.

Keeping It In Perspective

Gadgets to put and keep baby asleep are becoming big business. Tired parents pay high prices for a good night's sleep. It's all right to use these as relief when the main comforter wears out, but a steady diet of these artificial sleep inducers may be unhealthy. Baby sleep can be somewhat controversial, particularly with the growing number of social media accounts claiming to be experts in the field. The reality is, no-one is an expert on a baby's sleep other than the parent themselves. The safest place for a baby to sleep is in a cot or Moses basket. Sharing a bed with an adult is a significant risk for babies born prematurely or at a low birth-weight, which is common in multiples. It's important that you put your baby to sleep on their back, unless your doctor has said otherwise based on medical reasons. Lying your baby down in that position is one of the best ways of making sure they drift off as safely as possible. It is perfectly normal for babies—especially breastfed babies—to wake and feed at night throughout at least the first year. Bedsharing when breastfeeding is a traditional way of caring for a baby at night—breastfeeding at night can be a whole lot easier when you take your baby into bed with you and feed lying down. Whether its something specific like [Sleep Training](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

We advise that babies have plenty of supervised tummy time in their waking hours to minimise time spent on their back, and you should also avoid letting babies sleep in harder contained sleep environments such as car seats and other travel systems. Wind-up swings for winding down babies are a boon to parents who have neither the time, energy, or creativity to muster up rituals of their own. Tired parents will pay anything for a good night's sleep. Once in awhile a moving plastic seat may be more sleep-inducing than a familiar pair of arms. If your child does not need a nighttime feeding, offering them one will make it extremely difficult for them to understand why some wakings are responded to with a feeding and others are not, leading to a bad cycle of crying and more wakings. Trying to get a non-sleeping baby to sleep will leave you both feeling exhausted and resentful. If you've been at it for ~30 minutes and it's not happening then it's time to graciously accept defeat. Move on to some other soothing activity (warm bath, stroller walk, bouncy seat time) and try again later. If you are considering co-sleeping, talk to your health visitor about safety issues. A bedside cot with an open side is a happy compromise that offers a safe environment while keeping your baby nearby. If you need guidance on [4 Month Sleep Regression](#) then let a sleep consultant support you in unlocking your child's potential, with their gentle, empathetic approach to sleep.

Introduce A Baby Sleep Routine Early On

Although you want to be fairly consistent in where and when your babies sleep, you also need to be somewhat flexible and listen to your babies. Your babies will have signals to tell you they are tired, so you can put them to sleep. Sleep regressions are linked to development and can be a result of your child reaching a new stage. For example your baby may have learnt to roll over or pull themselves out which means they want to practice these new skills at any and every opportunity they get. Hands down, having your newborn baby sleep in your room is the way to go. It's

cozier and much more convenient. It lets you hear when your baby spits up, has breathing troubles, or is uncomfortable in any way. And, as a total bonus, your being close by reduces her SIDS risk. So keep your swaddled baby right by your bed, in a bassinet, crib, or cosleeper. Don't bring her into your bed for at least the first six months. If you teach your baby to rely on a crutch to get back to sleep, like being nursed or rocked, as your infant gets older, that habit may become ingrained and hard to break. A better habit to start as soon as possible: put your baby into the crib when your little one is drowsy, but not yet asleep. The safest place for your baby to sleep is on their own sleep surface, in the same room as you, for at least the first six months. A Moses basket or cot is a safe place for a baby to sleep. Having a baby is a steep learning curve and aspects such as [Sleep Consultant Training Course](#) come along and shake things up just when you're not expecting them.

When you've ruled out any obvious causes, like teething or a chilly bedroom, the best thing you can do is keep things normal and consistent, keeping things normal and using the same method for getting them off to sleep is the best way to go. You may never find out what disrupted their sleep, but these tips will help get things back to normal: Agree with your partner about what you'll do when baby wakes in the middle of the night and who will do it. The number one way to fail is not to have plan. Set a date on calendar to start, and be consistent. That'll make it so much easier for baby to learn. You'll feel like you're in a constant eat-snooze-poop cycle. This is usually the most exhausting stage for parents despite so many baby sleep hours, as you'll only ever get a few hours of sleep at a time. You can check out further particulars on the topic of Sleep Experts on this [NHS](#) web page.

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