Top Tips
For
Getting Your Baby to Sleep At Night
By Jago Holmes

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Hi there, my name is Jago Holmes, principal trainer here at New Image Fitness Ltd.

Welcome to this informational report entitled ‘Top Tips for Getting Your baby to Sleep at Night’...where I have compiled a list of some of the best ideas for helping you to get your baby to sleep when you want her to instead of when she wants to.

During this report I refer to your baby in the feminine tense, this is purely to assist in the flow when reading and in no way implies there is any difference between boys or girls at this age.

I hope you gain some knowledge from reading this report and that it helps you to improve bedtimes with your baby.

The secret to getting your baby to sleep and then staying asleep is all about routines. You need to follow a set pattern that is essentially the same every evening. Babies will be more relaxed if they know what to expect and will be more inclined to go to sleep in an environment of serenity and comfort, rather than one of hustle and bustle.

Unfortunately, for the first few weeks it may be difficult to formulate any pattern of behavior as the feeding cycle tends to dictate events at this stage - she'll sleep when she wants to. Experts suggest that around the six to eight week mark could be the time to try and set a routine in place that you will use every evening.

What your routine includes is obviously up to you, but you will want to include such things as a having a warming bath, reading a story, singing nursery rhymes, playing games, watching a familiar DVD or listening to music etc, just aim for repetitive and unstimulating activities. It’s important to choose things that help to take your baby from a normal day time consciousness to a relaxed, sleep inducing state of mind.

If your baby has her own room, make sure it is a comfortable, warm, welcoming and calming place. If she is sharing your room, then this too must be a settling place to be.

It is best if your routine always finishes in the bedroom, to avoid carrying and moving her once she is asleep and always ends with her not being held or comforted when falling asleep. If this practice continues she will always expect to go to sleep this way and probably struggle to fall asleep without it, meaning you having to do the same things in the middle of the night as opposed to her falling back to sleep on her own.

The more pleasurable and comfortable bedtime is, the better your baby will respond to it. Instead of becoming anxious and upset there is a much greater chance that she will relax and start unwinding, but even then you must allow time for the routine to settle in and become accepted.

Here are some top tips for helping you get your baby to sleep, you will notice the three phases of preparing for sleep. I recommended you choose one of the ideas from each phase and keep them in the suggested order.
PHASE 1

Any of the ideas from this phase should be used prior to suggestions in the other phases as they tend to be a little more stimulating and interactive.

#1 Burn off some energy

Many babies will struggle to get to sleep if they aren’t sufficiently tired or weary, so encouraging her to burn off some energy shortly before preparing for bed will help to tire her out still further. It is important to only use this as the initial part of the getting to sleep routine, and not immediately before settling her down to sleep. This should always be followed by something much calmer and quieter such as those suggestions found in phase two.

You can use any number of actions to do this such as playing on a play mat, tickling or placing her in a baby bouncer. The key here is routine. By doing the same or similar things every night, you begin to reinforce a pattern of actions which will be both comforting and instructive to your baby.

#2 Play some games

Playing a quiet game as part of the bedtime routine can help to signal sleep is on its way. Try having a puppet or soft toy show where you act out the characters and use different voices for each one. Having a game of peek a boo or hiding behind her favourite toys or having her favourite toys hidden behind you is a fun way of interacting with young babies.

#3 Sing songs

Babies find the sound of their parent’s voices very comforting and therapeutic especially when singing quietly in a calming environment. It doesn’t really matter what the song is about as long it is sung in a comforting manner. It could be a song that you sing about events that she has witnessed during the day, your favourite songs from the radio or simple nursery rhymes etc.

Lullaby’s are a time served strategy that has worked for hundreds of years and still has the same effect on babies today.
PHASE 2

#1 Bath time

By giving your baby a bath at a similar time every evening just before bedtime, you are creating a pattern, an event that she will associate with sleep, therefore making resistance much less likely. Warm water and quality time with mum or dad can be very comforting and soothing for both baby and parents.

Try warming a towel and pyjamas or sleep suits to give an even cosier feel to bath time.

Obviously if your baby gets upset and anxious at the thought of or the event of having a bath, then you should find other activities to use. Another possible effect of a bedtime bath is to create excitement and energy, which is the last thing you want to happen.

This process should be a gently relaxing and calming event, that takes your baby one step closer to sleep.

#2 Read a story

One of the most popular activities parents use to help their babies get in to a relaxing and sleep inducing state is to read them a bedtime story. The sound of your voice and the quiet and relaxing time together will help to gently ease her towards a relaxing sleep.

Reading to your baby has additional benefits when you use a wide range of words and sounds. Studies have shown that language skills and basic intelligence can be improved by doing this simple activity on a regular basis.

#3 Rock baby in to a more relaxing state

Gently rocking your baby or holding her in your arms while you gently and quietly walk around the room will help to promote a relaxed and comforted state. The moving and rocking motion will help to soothe and calm her.

This approach should always be followed by one of the phase three methods because one of the most important aspects of getting your baby to sleep through the night is to help your baby learn to soothe herself to sleep. Putting your baby down to fall asleep when she is drowsy and tired but still awake helps her to fall asleep independently, so that she can do the same when she wakes up in the middle of the night.
PHASE 3

#1 Play some relaxing music

Again the key here is repetition and choosing music that is both calming and relaxing. Playing music can also mask any background noise from other family members or from any sounds outside. If you leave the music playing after you have left her, then this will help to ease the transition from wake to sleep, with the calming sound of the music providing the comfort and security when you have left the room.

#2 Say goodnight

At this point the aim is to encourage an understanding that certain actions lead to the final goal which is sleep. Saying goodnight to her, by giving a last kiss and a cuddle is one way of approaching this, but you could also let her say goodnight by showing her favourite toys one by one. If you also give them a kiss and a cuddle before laying them down to sleep after being told ‘night, night’ then this will help her to accept that everyone goes to sleeps at this time.

#3 Turn on a mobile or light machine

You should always darken the room as this will signify to your baby that this is nighttime and the time she is expected to sleep for longer periods. A very hypnotic state can be achieved by turning on a softly coloured low wattage lamp or light projector that shows different patterns on the walls.

A simple mobile with a familiar tune played every night will reinforce the sleep time habit

Some mobiles also have a soft light and rotating shape effects which project on to the walls at the same time as the music plays. These can be a very good option.
Additional Tips and Suggestions

As much as possible stick to your usual routine, even if you aren't at home as changes in environment can often unsettle babies, leading to difficulties in relaxing and sleeping.

Use a ‘transitional object’ to help comfort your baby such as a soft toy or a blanket. By keeping it close to you in bed overnight the object will take on your scent and become even more soothing. Babies usually have a strong sense of smell and by creating this sensory rich object which can help to reassure her if she wakes in the night, she is much less likely to lay awake and cry instead of drifting back to sleep of her own accord.

Remember during the early weeks sleeping through the night for a baby is considered to be only six straight hours. By the end of the first year, most babies will sleep between ten and twelve hours at night.

By developing bedtime routines and darkening the room your baby will start to associate this time for sleep differently to the shorter naps she will hopefully have during the daytime. Eventually she will learn that night time sleep is a much longer and deeper sleep.

Keep night time feeds short and to the point without any type of other stimulus. By keeping night time feeds short and daytime feeds social your baby will begin to differentiate between the two. Try feeding at night quickly before she has the chance to fully awaken because you will be able to keep her in a relaxed and sleepy state. Don't talk too much or turn on the light, just keep the room quiet and sleepy so she understands that it isn't time to play, but time to return to sleep after feeding.

Try not to change too much of the atmosphere in the house when your baby sleeps during the day. By keeping the lights on and sounds at their normal levels your baby will start to differentiate between short daytime sleep and the longer quieter, relaxing night time sleep. It won't be long before her longest sleeps are during the course of the night.

Bedtime should be a wonderfully relaxing and satisfying time for both you and your baby. It allows you to spend some quality relaxing time with each other, helping to soothe and relax her, also bonding your relationship as you unwind together and relax.
The Baby Sleep Solution by Chris Towland

If you would like to discover more tips and techniques guaranteed to get your baby to sleep, then I recommend you get hold of Chris Towland’s audio program – The Baby Sleep Solution. In this impressive audio package, Chris gives you detailed descriptions of over 23 different techniques which have been tried and tested and guaranteed to work for your baby.

In order for you to test his system out for free, you can listen to a sample of his program before you buy, so you can decide if it’s worth buying.

With Chris’s unique package, you will also receive 4 superb bonuses as well as an iron clad, all inclusive 8 week full money back guarantee.

Take a look over there now by clicking here; he is offering a great discount off the normal price, but I am not sure how long he will continue to run this deal.

You can read full details of his system here: www.baby-sleepsolution.com

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Thanks, I hope by reading this report you have discovered some ideas that you can use to improve your baby’s sleeping patterns. I wish you all the best - Jago