

4 Month Sleep Regression Explained

This article will explain why “good” sleepers sometimes turn “bad” around the 3, 4, or 5 month old mark.

How newborns sleep in the early weeks

When a newborn falls asleep, she immediately goes into deep sleep (also known as REM sleep.)

Newborns spend a lot of their time in deep sleep, which is why it is hard to wake them up (even to eat!) in those early days.

How your 3 to 5 month old sleeps

We all go in and out of light and deep sleep. As adults, we might change positions, look at the clock, or reposition our pillow. Up until now, you may have rocked your baby or simply given him a pacifier and he slept for hours without waking up. **Well, at 3 or 4 months old, your baby is now sleeping more like an adult.** Now when she falls asleep, instead of entering deep sleep, she enters lighter sleep, first. That’s why if you help her fall asleep, then put her down she is likely to wake up because she isn’t in her deep sleep, yet.

Entering deep sleep

Initially in the night, your 4 month old will enter deep sleep relatively quickly, within 30 minutes (this changes as we get older). However, as I said, we all cycle in and out of light and deep sleep. A child’s sleep cycle is about 45-50 minutes. So, your baby will briefly awake 45-50 minutes after she has been asleep.



Free Guide!

5 Ways to Help Your Child Sleep Through the Night

Sign up to receive this free guide at <http://babysleepsite.com/baby-sleep-tips>

To put that in perspective, if you are holding your baby to sleep, you would need to hold her for at least 30 minutes to make sure she’s in deep sleep and then she might wake up 15 minutes later. Sound familiar?

Overall, though, your baby’s deepest sleep is in the early part of the night, so after that first sleep cycle, she might sleep just fine for a few hours. So, you’re golden right? Just hold her for an hour? Nope!

How your baby sleeps the rest of the night

The technical definition of “sleeping through the night” is 5 hours of continuous sleep (i.e. no feedings) and many babies can/will do this by two or three months old. The beginning of the night is your baby’s deepest sleep and after the first 5 hours (if not sooner, depending on just how challenging he is), he will cycle between light and deep sleep, but not as deep as the beginning of the night. This is where the problem of sleep associations really come into play. If your baby needs your help to go to sleep in the beginning of the night, sometime after midnight or so, he will continue to need your help every 1 or 2 sleep cycles (that means every 45 to 90 minutes or as I often hear, every 1-2 hours).

Between 4-6 a.m., approximately, is the lightest sleep of the whole night (parents’ complaints alone make this true, in my experience, aside from my reading). In the very early morning hours (about 30 minutes to an hour before waking up), he will again go into the very deep sleep.

Although babies commonly wake up early, be sure it is truly their waking up time and not just this lighter sleep and that they are having trouble sleeping. You might notice they want a “nap” just 30 or so minutes after “waking up”. What you experienced was a night waking, not starting the day.

Parent Story

"I would never have believed, upon my first e-mail to Nicole, that by the end of the 30 days, I would have only small issues to handle. I also know that if we need it, Nicole will continue to provide her considered, thoughtful advice and encouragement. I highly recommend this website and Nicole's services.

*We are very thankful to have finally found someone who took the time to really consider our baby's specific issues and problems and to come up with a plan to help us turn things around in a way that worked best for us and for him. Thank you so much
-Lee Ann*

Health Care Providers:
For more resources and to download more handouts, please go to:
www.babysleepsite.com/hcp

4 Month Sleep Regression Explained

4 month sleep regression

You might have heard about the 4 month sleep regression and wonder if your baby will go back to sleeping well. Some parents will be one of the lucky few whose baby will go back to sleeping well in 2-4 weeks, however, not all of us will be that lucky. For example, I find that babies who need a pacifier to sleep where you are replacing it many times per night do not stop needing that pacifier to sleep. You might get lucky and not have to replace it 10 times (maybe "just" 3-4), but maybe not. It is usually better to solve the root of the problem than to hope you are one of the lucky ones. So, maybe wait a few weeks, but if things aren't better, plan to make changes. I talk to parents of 8 month olds and even 20 months old who are still waiting for their "baby" to grow out of their sleep problems

Helping your baby sleep through the night

How can you help your 4 month old sleep through the night?

Read The Baby Sleep Site[®] blog (free article updates via e-mail) at <http://babysleepsite.com/blog>

Be sure to check out our **free** guide, 5 Ways to Help Your Baby Sleep Through the Night at <http://babysleepsite.com/baby-sleep-tips>

The Baby Sleep Site[®] is filled with invaluable resources to help parents and a baby or toddler get on the right sleep track, whether it's helping a baby or toddler sleep through the night, getting a baby on a regular nap schedule, weaning her off the breast or bottle or learning to set limits that reinforce good sleep habits.

If you have any questions or comments on this handout please e-mail contact@babysleepsite.com.

Free Guides!

15 Baby Sleep Facts New Parents Need to Know

Sign up to receive this free guide at <http://www.babysleepsite.com/15-free-baby-sleep-facts-new-parents-must-know/>

Toddler Sleep Secrets

Sign up to receive this free guide at <http://babysleepsite.com/toddler-sleep-tips>

7 Common Napping Mistakes

Sign up to receive this free guide at <http://babysleepsite.com/baby-nap-tips>



About Nicole: Nicole Johnson is a sleep coach and the owner of The Baby Sleep Site[®] specializing in baby sleep products and consulting services. Nicole is a wife and the mother of two boys. With a B.A. degree from UC Berkeley and an MBA from Ohio

State University, Nicole has also received an honorary degree in "Surviving Sleep Deprivation," thanks to her son's "no sleep" curriculum. She has become an expert on infant and toddler sleep and has made it her mission to help other parents solve their child's sleep problems too.

COPYRIGHT: ©2013 The Baby Sleep Site[®] You are free to distribute this guide for non-commercial use only but may not alter, transform or build upon this work.