

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.



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# 8-9-10 Month Sleep Regression

## How can you help your baby rest better during this time?

It is very common for your 8, 9, or 10 month old to have sleep problems. Maybe the sleep problems are new after your baby was sleeping through the night or maybe you feel like you never quite recovered from the 4 month sleep regression.

According to *The Wonder Weeks* by Hetty Van de Rijt and Frans Plooij, "You can expect a fussy period to begin around 34 weeks, or between 32 and 37 weeks. This fussy period will often last for 4 weeks, but it may last anywhere from 3 to 6 weeks." With the 4-month sleep regression, your baby permanently changed how she sleeps. With this sleep regression, it isn't anything like that.

For the most part, the 8, 9, or 10 month old sleep regression is due to brain development. Your baby may be crawling, scooting, sitting up, pulling up, cruising, and so on. Your baby is also continuing to absorb your language and beginning to put things into categories, such as learning something is a cat, regardless of color or size. On top of the developmental milestones, many babies are also getting their first teeth or more teeth.

Your baby still needs 11-12 hours of sleep at night and 2-3 hours during the day. Also, your baby is likely going through

a nap transition and losing the third catnap. As with most nap transitions, this can make your baby overtired and even fussier than usual.

### What to do about this time?

Our philosophy is that **you don't want to make or continue long-term habits for a short-term phase.**

Here are some tips to help you and your baby get through this sleep regression:

- Don't assume everything is due to the sleep regression - If your baby had sleep problems before, then it's unlikely that it's this sleep regression at the root of your sleep problems, now.
- Don't assume everything is teething.
- If sleep problems are new to you, be careful about making a new long-term habit such as co-sleeping, if that's not what you want. This could be as short as a 3-week phase, but new habits can last for months or years.
- Be patient. Your baby will only go through this particular development once, so try to help as best you can. Keep in mind that we can't always remove our baby's discomfort, but we can be there for support.

**Parent Testimonial:** *Based on both professional knowledge and real life experience, I can say that your explanation of how a 4-month old's sleep changes is right on. My daughter sleeps through the night now – in part thanks to the Baby Sleep Site. I am also a breastfeeding mom and I can't thank you enough for encouraging us to work through sleep issues without quitting breastfeeding. Thanks Nicole!*

-Dr. Carolyn Nichols, Pediatrician, Long Beach, CA



# The BABY SLEEP SITE®

*Helping you and your child sleep*

## 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*

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*"I just wanted to thank you for all the advice you sent my way. Matthew is now fully night-weaned and life in our house is very different. The day after he slept through the night the first time he suddenly emerged as an intelligent, adorable, independent little boy. This is a far cry from the clingy, needy person he was just 4 days ago. You made a huge difference in my life – thank you so very much."*

*-Tanja, Vancouver, BC, Canada*

If you have any questions or comments on this handout or need help and support for your troubled sleeper, please e-mail us at: [contact@babysleepsite.com](mailto:contact@babysleepsite.com).

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**About the Author:** 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.

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