



THE BABY SLEEP TEAM

A 5-minute guide to calmer nights, better bonding,
and way more rest — for everyone





LET'S FIX BEDTIME TOGETHER

Baby sleep feels like a mess? You're tired. Running on fumes. Trying to survive the nights.

Here's the good news: Better sleep doesn't have to fall on one parent. When both of you are part of bedtime — even just one small role — things get easier fast:

- ✓ Calmer baby
- ✓ More sleep
- ✓ Less stress
- ✓ More connection

This isn't about doing more. It's about doing it together.



THE SLEEP TEAM PLAN: HOW TO WORK TOGETHER

Your baby's sleep gets better when you're not doing it alone.

Teamwork makes bedtime smoother, more enjoyable, and way less exhausting.

Here's how to make it work:

- **Choose roles:** Decide who does what – bath, pajamas, story, lights out. Keep it simple and repeat it nightly.
- **Trade off nights:** One parent leads while the other rests. Switch it up every other night (or whatever works for you).
- **Support each other:** If one parent is overwhelmed, the other steps in without judgment. This is about care, not competition.

When you create a rhythm together, baby feels it too and sleep becomes easier for everyone.

TRY THIS: Sit down tonight and sketch your ideal bedtime flow. Pick one thing each of you can do consistently.

HOW DADS HELP WITH DEEPER SLEEP.



Babies don't just need feeding. They need help calming their body.

Dads help regulate baby's nervous system with:

- A calm, steady voice
- Gentle touch
- Slow breathing and stillness

This lowers cortisol — the stress hormone — and helps babies settle faster and stay asleep longer.

Result: A more relaxed baby. And fewer night wakings.



In the early months, babies thrive on repetition and shared care. When both parents show up — even in small ways — everything gets easier. Better sleep doesn't come from being perfect. It comes from being consistent



DADS: YOUR BEDTIME SUPERPOWER

You don't need to know all the routines or be a baby whisperer. Just showing up changes everything. Just be consistent.

So what can you do with your baby? Keep it simple:

- **Hold them close and breathe slowly.** Let your calm body calm theirs.
- **Do a diaper change** and make eye contact while talking softly.
- **Rock them gently** and hum a short lullaby — even off-key works.
- **Wrap them** in their sleep sack or put pajamas on and say the same phrase each night (ex. “Time to rest now, sweet dreams”).

These little actions aren't small — they're signals. They tell your baby, “It's safe. You can rest now.”

MOMS: YOU'RE NOT MEANT TO DO IT ALL

If you've felt like bedtime is all on you — you're not imagining it. Most moms carry the mental load, the routines, the planning, the midnight wake-ups. It's exhausting.

But here's the truth: you're not supposed to do this alone.

When your partner (or someone else) takes just one part of the routine, it gives you space to rest, recover, and feel like you again — not just someone managing sleep windows and feeding sessions.



This isn't about giving up control. It's about sharing the care so you can:
Have time to breathe (or shower in peace)
Reconnect with yourself
Feel supported — not just needed

Try This: Pick one task to hand off tonight.
Let them take it fully — no instructions, no correcting. You rest.

Take the Next Step Toward Better Sleep

You've seen what's possible. Now get the full plan to make it real. The Baby Sleep Solution gives your family gentle, proven tools to help your baby fall asleep and stay asleep — so you can rest, recharge, and show up as the parent you want to be.

[CLICK TO GET THE BABY SLEEP SOLUTION](#)



BONUS: BABY SLEEP CHEATSHEET

for newborn to 2 years

0-2 months

- Wake Window: 45 - 60 minutes
- Naps: 4 - 5 short naps during the day & frequent night wakings
- Naps last 30 minutes - 2 hours each
- Total sleep: 14 - 18 hours per day

WHAT TO DO

- Focus on establishing a consistent sleep routine
- Create a calm sleep environment including swaddling, white noise and a dark room
- Avoid overstimulation, especially at night, and provide gentle soothing techniques

3-5 months

- Wake Window: 1.5 - 2 hours
- Naps: 3 - 4 naps during the day & potentially frequent night wakings
- Naps last 30 minutes - 2 hours each
- Total sleep: 12 - 16 hours a day

- Introduce a predictable daily schedule and continue with sleep routines
- Encourage self-soothing by putting baby down drowsy but awake
- Gradually work on extending nighttime sleep

6-9 months

- Wake Window: 2 - 3 hours
- Naps: 2 - 3 naps a day
- Naps last 1 - 2 hours each
- Total sleep: 12 - 15 hours a day

- Emphasize a consistent nap time and bedtime routine
- Teach baby to fall asleep independently without sleep associations
- Allow brief periods of fussing to learn self-soothing skills

10-12 months

- Wake Window: 3 - 4 hours
- Naps: 2 naps a day
- Naps last 1 - 2 hours each
- Total sleep: 11 - 14 hours a day

- Continue with a structured daily schedule and predictable routines
- Ensure a comfortable sleep environment and safe sleep practices
- Be consistent in responding to nighttime wakings

1-2 years

- Wake Window: 5 - 6 hours
- Naps: 1 - 2 naps a day
- Naps last 1 - 2 hours each
- Total sleep: 11 - 14 hours a day

- Continue with a consistent sleep schedule, includes nap times
- Encourage healthy sleep habits like reading before bed
- Address bedtime resistance with a calm and consistent approach