



MomMe

SLEEP SOLUTIONS & COACHING

# Seasons of Sleep: What Every Mom Needs to Know (0–6 Years)

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# What You'll Discover!

As a mom of 3, I know firsthand that what works one season may not work the next. This guide is here to help you start making small changes for your own self as well as understand how sleep changes in different stages of growth and development.

## What You'll Find Inside

- First steps to get MomMe time back. A reminder that your rest matters too, and small shifts can make a big difference.
- The Seasons of Sleep (0–6 years): how your child's sleep changes as they grow.
- What to Expect in Each Stage: common challenges like regressions, nap drops, teething, or early wakings.
- Simple, Practical Tips: one or two strategies you can try right away in each season from my own personal journey.



♡ Chiara

# Small Shifts to Get Your Space Back

So much of motherhood is about meeting everyone else's needs. But here's the truth: your rest matters too. When you feel supported, seen, and cared for, you have more patience, more energy, and more presence for your child.

This page is for you. Small steps, simple shifts—because even a few minutes can make a difference. Try one of these today:

## **Claim 10 Minutes for Yourself**

Set your alarm 10 minutes earlier than the rest of the house. Use that quiet window for you—stretch, journal, sip your coffee slowly, or just breathe.

## **Ask for Help (Every Day)**

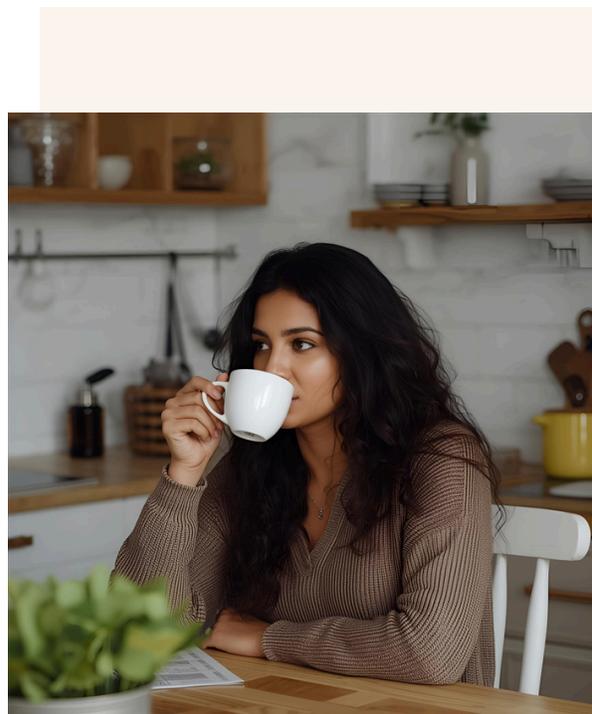
Pick one small task that you usually do, and hand it off. “Can you change the baby's diaper?” “Can you take out the trash tonight?” Let asking for help become your chore. If we want MomMe time we can't do everything ourselves.

## **Set Your Daily Intention**

Pause and ask: What is my intention for today? Maybe it's patience. Maybe it's joy. Maybe it's simply getting through the day. Write it down—or whisper it to yourself in the mirror.

## **Journal Prompt**

If you could give yourself one gift of time today, what would it be?



# Baby Sleep Chart

HOW MUCH SLEEP DOES YOUR  
BABY NEED BY AGE?

Age		Sleep Needs
0-3 months	>>>>>	14-17 hours
4-11 months	>>>>>	12-15 hours
1-2 years	>>>>>	11-14 hours
3-5 years	>>>>>	10-13 hours

# 0–3 Months | The Newborn Season

## What's Happening

- Baby's circadian rhythm hasn't matured yet → day and night feel the same.
- Sleep is in short bursts (2–4 hrs), driven by feeding needs.
- Parents often feel like they're living in survival mode.

## What to Expect

- Nights are unpredictable—sometimes longer stretches, often not.
- Catnaps are normal (don't stress about length yet).
- Swaddling, rocking, and contact sleep are developmentally normal.

## Personal Tip

With my firstborn, I remember desperately wanting a predictable rhythm—knowing exactly when she would nap. I quickly realized that in those early months, this was nearly impossible. What helped me most was letting go of the strict schedule and focusing instead on simply making sure she got the rest she needed, however it came. For us, that meant going out for a morning and afternoon walk every day, so she could sleep peacefully in the stroller.





## 3–6 Months | The Emerging Rhythm

### What's Happening

- Circadian rhythm begins to mature.
- Sleep cycles start to lengthen and consolidate.
- Around 4 months, many babies hit what is referred to as a “sleep regression,” actually a neurological progression where sleep matures.

### What to Expect

- Longer stretches at night may begin—but not for every baby.
- Naps may become more regular, but short naps are still common.
- 4-month regression can bring frequent waking or shorter naps, often frustrating for parents.

### Personal Tip

Start creating gentle cues. During these months, I began creating simple routines and cues that signaled it was time to sleep. At bedtime, we followed a short sequence: bath, pajamas, feeding, reading a book, and a lullaby. Over time, just seeing the book became the signal that sleep was coming. Our favorite was *Spot Says Goodnight*. I suggest choosing 1 or 2 simple books and reading the same ones for several weeks. It might be boring for us, but for them the familiarity and connection signals “sleep is close” and it makes it easier for them to begin to relax and prepare for going to bed.

# Baby Sleep (6–12 Months)

## What's Happening

- By now, many babies are capable of longer stretches of night sleep.
- Naps begin to consolidate into 2–3 more predictable slots. Developmental leaps (rolling, crawling, pulling up) can disrupt sleep.
- Feeding still plays a role, but sleep is no longer only about hunger.

## What to Expect

- Many babies wake 1–2 times per night, and that's still normal.
- Teething may cause temporary disruptions.
- Around 8–10 months, another regression can show up—linked to separation anxiety and mobility.

## Personal Tip

During these months, we began to find more rhythm and consistency in our routines. I made it a priority to be home for naps, to put my children down at the same time each day, and to make sure they were getting enough daytime sleep so that nights weren't disrupted. In many ways, it required more work and patience from me—but the predictability of the day also felt incredibly freeing.



# Toddler Sleep (1–3 Years)

## What's Happening

- Sleep consolidates into fewer, longer stretches. Most toddlers transition from 2 naps → 1 nap between 12–18 months (some earlier).
- Big leaps in independence and language can stir up bedtime pushback.
- Emotional development (tantrums, separation anxiety) starts to play a bigger role in sleep.

## What to Expect

- Total daily sleep: about 11–14 hours.
- Nap lengths can vary widely, and overtiredness becomes more common.
- Bedtime resistance might show up as stalling, protesting, or extra clinginess—though some toddlers skip this phase.

## Personal Tip

With my middle and youngest sons, the morning nap disappeared very early (around 10–11 months). It was exhausting, because they were often grumpy and overtired. I coped by letting them sleep as much as possible in the afternoon and keeping bedtime consistent.

On the rare occasions my kids resisted bedtime, I turned it into a game: we used a colored sand timer to show when it was time to start getting ready. I also gave them choices—picking their pajamas, choosing a book, or deciding where we'd read. Those small freedoms made bedtime feel playful instead of like a battle.



# Preschool Sleep (3–6 Years)

## What's Happening

- Many children drop naps between ages 3–5, though the timing varies.
- Imagination and fears (dark, monsters, bad dreams) often emerge.
- Growing independence means they may test limits at bedtime.

## What to Expect

- Total daily sleep: ~10–13 hours, mostly overnight.
- Some preschoolers still need occasional naps, especially after busy days.
- Night wakings may happen with nightmares or night terrors.
- A consistent bedtime routine is more important than ever—it anchors them in a period of rapid growth.

## Personal Tip

When my kids reached this stage, I noticed how imagination started to shape their sleep. Sometimes they were scared, sometimes they just didn't want to stop playing. What helped was making bedtime feel safe and predictable: we kept to our evening rituals, offered extra comfort when fears came up, and made space for them to share what was on their mind before lights out.

One of our favorite traditions was creating a special “monster spray” together—we'd spritz it around the room every night before bed. It turned fear into play, and gave them the security they needed to drift off peacefully.



# Final Thoughts and Next Steps

Every season of sleep comes with its challenges. Some days will feel smooth, others overwhelming—but you don't have to navigate it all on your own.

The truth is, sleep isn't just about your child—it's about you too. When you feel supported, rested, and reconnected with yourself, everything shifts: nights, days, and the way you show up in motherhood.

This guide is a starting point. If you're ready for more—personalized support for your child's sleep and space for you—the MomMe Reset was created for you.

## **In 3 weeks, you'll get:**

- A clear, personalized sleep plan for your child
- Daily support so you never feel alone
- Dedicated time just for you—to reset, reflect, and reclaim your energy

**Ready to start your Reset?**

**[CLICK HERE TO BOOK YOUR FREE 15 MIN DISCOVERY CALL](#)**

