FullyWell BY MEL

# Night Wakes Troubleshooting Cheat Sheet

*a Sleep Well by Mel Guide*

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> *Please know that while these reasons are very common and I use them as information to know how to approach and tweak a little one's sleep,* ***you know your baby best!***

Even when we've established helpful sleep foundations, nights can still bring their share of disruptions and curve balls. Understanding the root cause of your little one's night waking patterns is key to getting you both the consolidated rest you need.

## False Starts

*Frequent wakings in the first 1–2 hours after bedtime*

- Too much stimulation/sleep pressure – if your baby was dysregulated in the lead up to bedtime, it might have been too late; watch for cues to adjust earlier
- Undertired – may treat it as nap time if not enough sleep pressure before bed
- Dozing off during bedtime milk feed – move feed earlier to avoid taking off sleep pressure

## Wakes Every 1–2 Hours, Early Evening Only

- Sleep pressure issue – struggled to handle the wake window leading up to bedtime
- Discomfort or could be coming down with something (illness)
- Rule out digestion (what they ate for dinner)

## Frequent Night Wakes (1–2 Hourly or Less) All Night

- Could be a sleep association at play – might be time to work on a more sustainable settling technique
- Rule out developmental changes or discomfort from illness

## Wakes Frequently in the Second Part of Night

- Schedule check – possibly too much day sleep or not enough sleep pressure at bedtime
- Sleep environment – sound, light, temperature
- Check for sleep associations – if dependent on you to get to sleep, they might struggle to link cycles when sleep is lighter in the second part of the night

## Wakes Every 3–4 Hours

- Hunger could be at play – if under 6–7 months this is appropriate; over 7 months, ensure adequate feeds during the day to allow for 1–2 feeds overnight

## Awakens Energized and Resistant to Resettling

- Schedule is out of sync – too much day sleep or a bedtime that is too early
- Developmental leap brewing – allow plenty of time to practice new skills during the day

## Random, Scattered Frequent Waking Pattern

*Wakes every 10–20 minutes*

- Rule out illness/discomfort first
- Teething, congestion, reflux, etc.

## Other Factors to Consider

*From a settling perspective*

- Are you being consistent in your independent settling and resettling approach (if independent sleep is your goal)?
- Are you responding too soon? Remember, we want to be responsive but also want to give our little ones the chance to resettle.
- Are you perhaps doing too much at night? Too much input can result in frequent wakes as your baby anticipates this.

*Remember, no two nights or babies are alike! If a particular pattern persists (I recommend giving it 4–5 days) and doesn't feel quite right, get curious, change course, seek support, and follow your little one's cues about what they need most in that season.* **With responsive care, this too shall pass! You've got this, friend.**

Need some more help?

**Get One-on-One Support**