

Ever Calm

Early Rising Reset

A Gentle Guide to Solving Early Morning Wake-Ups

Step 1: Rule out the basics

- Hunger – If your baby is under 9–10 months, an early-morning feed may still be needed. If older, it might be more of a comfort habit than hunger.
- Environment – Is the room dark enough? Even a hint of sunrise can wake a child's body clock. Blackout blinds + white noise can help.
- Temperature – Early morning hours are the coldest. Sometimes early wakes are simply because they're chilly. A safe sleep sack can help.

Step 2: Look at bedtime

- Too early – A 6pm bedtime often equals a 5am wake. Gradually push bedtime later if your child can handle it without becoming overtired.
- Too late – Overtired children often crash at night but wake extra early. A slightly earlier bedtime for a few nights can sometimes solve it. Try bringing bedtime forward by 15 or 30 minutes for a few nights.

Step 3: Check naps and daytime schedule

- Daytime sleep matters – If naps are too short, overtiredness builds and mornings are often the first place it shows up.
- Balance – Too much daytime sleep can push the morning wake earlier. It's about finding the sweet spot for your child's age.

Step 4: Treat 5am like night-time

- When they wake early, keep everything dark and calm.
- Don't start the day right away, otherwise their body clock will learn "the day starts at 5."
- Offer a quick feed or resettle, but avoid full play or breakfast until the desired wake time.

Step 5: Consistency + body clock

- Babies' circadian rhythms are sensitive to light, noise, and routine.
- Morning light exposure (after 6am) and predictable routines help anchor their internal clock.

Small, consistent changes can shift those mornings later.

You've got this 🍷

Need tailored support?

Book in a Sleep Reset Call [here](#),

or learn more about my Ever Calm Sleep Method [here](#).