Infant Sleep



Hawkins

SLEEP & NESTING CO.

INFANT SLEEP GUIDE

Infant Sleep:
BUILDING HEALTHY SLEEP HABITS

- Create a consistent sleep routine
- Use age-appropriate wake windows
- Build strong sleep foundations
- Support your baby (and yourself)



SUPPORTING YOUR BABY. EMPOWERING YOUR FAMILY. | Hawkins Sleep & Nesting Co.

Infant Sleep: Building Healthy Sleep Habits 🤍

Infant sleep can feel overwhelming, especially when naps are short, bedtime turns into a battle, or your baby suddenly starts waking more overnight after previously sleeping well.

The truth is, sleep changes constantly during infancy. Developmental leaps, growth spurts, teething, schedule changes, and overtiredness can all impact sleep. But with consistency and gentle support, healthy sleep habits can absolutely be built.

What Is Considered Infant Sleep?

Infant sleep typically refers to babies around 4–12 months old. During this stage, babies become more aware of their surroundings, begin developing stronger sleep associations, and slowly start learning independent sleep skills.

This is also when many families notice:

- Frequent night wakings
- Short naps
- Early morning wakes
- Increased dependency on rocking or feeding to sleep
- Difficulty transitioning naps

The Importance of Consistency

One of the biggest things I see impacting sleep during infancy is inconsistency with schedules and routines.

Babies thrive with predictability. Having:

- age-appropriate wake windows
- consistent nap timing
- calming bedtime routines
- and an optimal sleep environment

can make a huge difference in overall sleep quality.

Focus on Sleep Foundations

Before jumping into formal sleep training, I always encourage families to focus on strong sleep foundations first.

Sleep Environment

Aim for:

- very dark room
- white noise
- cool comfortable temperature
- minimal stimulation during night wakings

Bedtime Routine

A simple predictable routine helps signal sleep:
bath → pajamas → feeding → cuddles/books → bed

Wake Windows

Keeping a baby awake too long often leads to overtiredness and more disrupted sleep.

General wake windows:

- 3-4 months: 90 minutes to 2 hours
- 5-6 months: 2–3 hours
- 7-14 months: 2–4 hours

Gentle Sleep Support Options

Every family is different, and there is never a one-size-fits-all approach to sleep.

Gentle approaches may include:

- gradual reduction of sleep associations
- timed reassurance/check-ins
- chair methods
- pick up/put down support
- creating more independent bedtime routines

The goal is not perfection overnight. It is creating sustainable habits that help both baby and parents get more rest.

Remember This 🤍

If your baby's sleep feels hard right now, you are not failing.

Infant sleep is a process, and progress rarely happens perfectly overnight. Small consistent changes often create the biggest long-term results.

You deserve support, rest, and confidence through this stage too.

— Danielle
Hawkins Sleep & Nesting Co