



# Louenna's Top Sleep Tips





## Consistent Bedtime Routine

I implement a bedtime routine right from the beginning. A nice bath or top and tail followed by a relaxing baby massage really helps your baby wind down and sets them up for a good night's sleep.



## Follow a Structured Feeding Schedule

The reason to space feeds out and not feed on demand is so babies don't snack. If a breastfed baby snacks then they only get the foremilk - not the fatty hind milk, which is what they need to thrive and develop. If a baby can spread their feeds out to 3 or 4 hourly, it allows them to rest properly in-between which is important for their health.



## Age Appropriate Awake Windows

It's important to avoid your little one getting overtired, as they can become fractious and difficult to settle. My routines include detailed daily schedules to help you with this.



## White Noise

Using white noise can help create a cosy environment for your baby, as it resembles the sounds your little one heard whilst they were in the womb. It can be really calming, drown out household noise and allow them to sleep better, as well as helping them to self settle.



## Swaddle

I swaddle all my newborn babies as it makes them feel snug and secure and allows them to sleep peacefully for longer stretches. Babies love the security of the swaddle and will settle much quicker, as it mimics the feeling of being held. Between 3- 4 months of age, or when they show signs of rolling, I take their arms out of the swaddle.