JUST LOVE Sleep

Daylight Savings

I love this season - lambs are out, spring flowers are in abundance and the sun stays out later in the day so we can bring on the BBQ's and outdoor entertaining. But do we really need to intentionally mess with our little one's sleep schedules?! Good news, this change is easier than the end of daylight savings and if you have been battling with early rising, you are more likely to reach a later start time to your day! #winning! On Sunday 27th September our clocks go forward an hour so essentially our little ones are going to bed 1 hour earlier than they are used to. It can make it easier for our little ones if we shift their schedules gradually the week prior to the clock change.

It will be lighter at bedtime!

Adults typically loose an hour of sleep (arghhh) but for our little one's if we can protect their sleep environment we can try to keep the same overnight hours of sleep with a later wake!

Slow and steady wins the race for some, so if you want to ease your little one into daylight savings, I find it easier to start a few days prior to the Sunday change.

Wake your baby or toddler up 15 minutes earlier in the morning (I know this can seem hard!). You will also need to shift all nap times, milk feeds, solids and bedtime 15 minutes earlier.

If you already have an early riser, then you won't need to shift things before hand - just adjust the clock forward normally and bingo your little one will be waking a little later in the morning!

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Day	Day Routine	Bedtime
Mon/Tues	All nap and feed times to be 15 mins earlier e.g. awake and feed at 6:45am instead of 7am	Bedtime is 15 mins earlier than usual e.g. 6:45pm instead of 7pm
Wed / Thurs	All nap and feed times to be 30 mins earlier e.g. 6:30am instead of 7am	Bedtime is 30 mins earlier than usual e.g. 6:30pm instead of 7pm
Fri / Sat	All nap and feed times to be 45 mins earlier e.g. 6:15am instead of 7am	Bedtime is 45 mins earier than usual e.g. 6:15pm instead of 7pm
Sunday	All on track! Usual nap and feed times will follow suit	Bedtime is now 7pm new time!

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Light & Darkness

Exposing your little one to the light is the number one way we can help adjust our little one's circadian rhythm . We want to use this to our advantage! This means head out into the sunshine early in the morning and early afternoon. Before bedtime, pull the curtains and keep those lights dim, removing TV time and electronics.

As our days get longer so does the brightness at bedtime. It is really key now to make sure your little one's room is pitch black to help them fall asleep and stay asleep. You can use DIY options like tinfoil, construction paper or draping a blanket up but I highly recommend investing in a long term solution like Easy Night black out blinds from www.sleepytot.co.nz. You can use my discount code justlovesleep15 for purchases through Sleepytot.
Another option is @sleepysundays.co which are biodegradable blackout sheets statically charged to your windows.

We want our little one's sleep space pitch black to eliminate early wakes - it is so worth the investment!

Bedtime routine:

Because it will be lighter at bedtime when the clocks change, having a great bedtime routine and wind down in place now is more important than ever! We have to help cue our little ones that sleep is coming and make things easier on them.

Keep the lights dim in the hour prior to bedtime. This means no exposure to bright screens (TV, iPad, etc.) or bright indoor light for the hour leading into bedtime. Dim lights prior to bedtime will help your child’s hormonal regulatory system adjust to a more sleepy state.

It's normal for your little ones to be slightly unsettled with an hour shift of time - keep consistent - they will get there!