



## The importance of self-settling & consolidated sleep

Learning how to independently connect sleep cycles will allow your child to achieve consolidated sleep.

To be able to self-settle to sleep, your child will need to be able to self-soothe.

### But what exactly is meant by self-soothing?

Commonly the term is based on our ability to regulate our emotions. "Emotion regulation reflects one's ability to monitor, evaluate & modify emotions to attain a goal (...) emotions can be regulated, or modified, via different social, behavioural, cognitive, or biological processes".

Evidence shows that even newborns have coping mechanisms to deal with some stress levels (closing eyes, turning head away, suck hands etc.). The older children get, the more their physical, cognitive & emotional skills develop to regulate their emotions.

When it comes to the ability of being able to learn reliable self-soothing in terms of being ready to self-settle to sleep independently, your child will need to be old enough to do so.

Babies older than 16 weeks (corrected) are considered neurologically mature enough to be gently taught on how to independently self-settle to sleep.

Babies who do not learn how to connect sleep cycles end up with lots of fragmented/broken sleep throughout their day & night, which causes:

- potentially being able to only cope with a relatively short awake time during the day
- constant over tiredness

This constant over tiredness often leads to challenges like:

- bedtime troubles
- being hard to settle for all sleeps
- overall crankiness
- early morning wakes (as early as 4.30am)
- excessive night waking = fragmented night sleep

Consolidated sleep without interruptions will get your child (and you!) the restorative sleep they need & deserve, which will support:

- feeling rested
- regulating appetite
- memory retention/ learning

*Supporting your child in learning how to self-settle and therefore to experience consolidated day & night sleep is part of developing healthy sleep habits, which will stay with them for the rest of their life.*