



# Topic Tuesday

## HEALTHY SLEEP

*Timing is Everything* when it comes to *Sleep*

JOYFUL-BEGINNINGS.ORG

Welcome to:

# Joyful



## BEGINNINGS



Joyful Beginnings is an online community providing support, resources, and a sense of belonging to all those who share their lives with young children, pre-birth to age three.

At Joyful Beginnings parents benefit from the knowledge and expertise of experienced Early Childhood Educators, but more importantly they can learn from and lean on each other.

Joyful Beginnings offers a safe space to learn about and share simple, natural, and joyful ways to care for young children.

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*Introduction  
to:*

**HEALTHY  
SLEEP**

# INTRODUCTION

Sleep a critical requirement of our health. Healthy sleep improves not only cognitive performance, but emotional and social functioning.

Healthy sleeps consists of the following basic elements: sleep timing that is in accordance with our natural biological rhythms, sufficient sleep duration, and sleep continuity or uninterrupted sleep cycles.

Caregivers can support children to healthy sleep habits by prioritizing sleep, providing a consistent, loving, and predictable approach, and implementing the 5 components of healthy sleep.



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**THE FIVE  
COMPONENTS OF  
HEALTHY SLEEP**

## 1. Consistent Sleep Place

A consistent sleep location helps the child to associate that place with sleep.

## 2. Flexible, Early Bedtime

Provide an early bedtime and adjust timing based on quality of day sleep.

## 3. Respect of Biological Sleep Rhythms

Use biological timing. Avoid an overtired state by catching subtle sleepy cues

## 4. Consistent Soothing Routine That is a Cue for Sleep

## 5. Development of Soothing Skills

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**BIOLOGICAL  
TIMING**



## NEWBORN WAKE WINDOWS

0-4 weeks - 45 minutes

4-8 weeks - 45-75 minutes

8-12 weeks - 45-90 minutes

## BIOLOGICAL NAP SCHEDULE BY AGE

(Note: Below are the times the child should be asleep by)

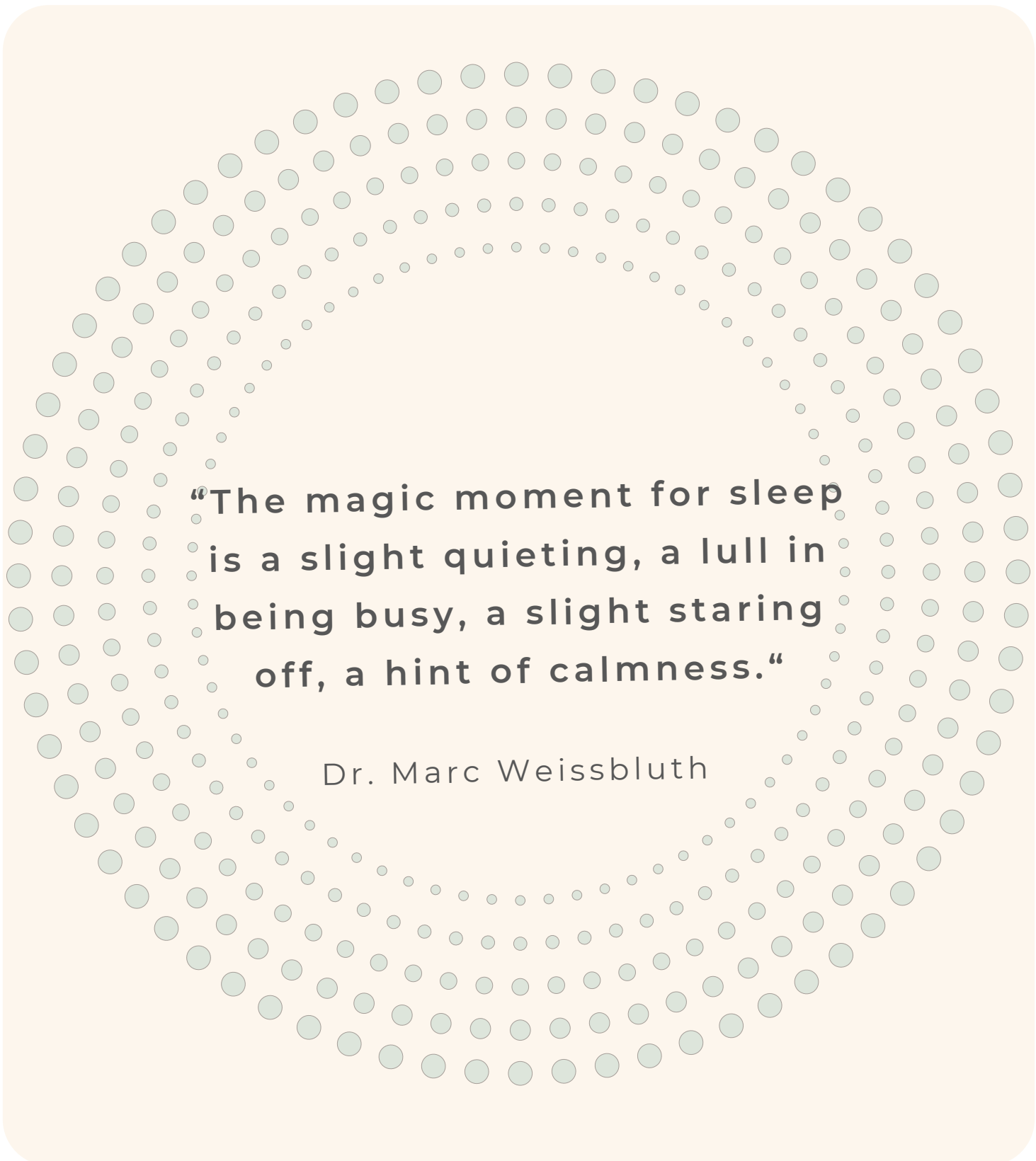
**4-8 months:** 8:30-9:00, 12:30-1:00,  
Optional third nap 3:00-3:30

**9 Months-15-18 months:** 8:30-9:00,  
12:30-1:00

**15-18 months-3-6 years:** A midday nap around  
12:30-1:00

**3-6 Years+:** Naps discontinue, but a midday rest  
time can be helpful throughout childhood





**“The magic moment for sleep  
is a slight quieting, a lull in  
being busy, a slight staring  
off, a hint of calmness.”**

Dr. Marc Weissbluth

# RESOURCES



Little Lantern Sleep  
[www.littlelanternsleep.com](http://www.littlelanternsleep.com)

Child Sleep Resources/  
Consultant Training  
<https://familysleepinstitute.com/>

Sleep Blog  
<https://marcweissbluth.com/blog>

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