

# 5 Baby Sleep Mistakes to Stop Tonight - and What To Do Instead



**GENTLE SLEEP SUPPORT FOR  
EXHAUSTED PARENTS**



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# MISTAKE #1

## Feeding to Sleep Every Time

- Why it's a problem: Babies wake often and need the same condition (feeding) to fall back asleep

Try this instead:

- Create a short gap between feeding and sleep (e.g., bath, feed, story, bed)
- Use gentle rocking, shushing, or a comfort item instead.



# MISTAKE #2

## Skipping Naps to Make Baby Tired

- Why it's a problem:  
Overtired babies have more difficulty falling asleep and staying asleep.

Try this instead:

- Follow age appropriate wake windows.
- Protect naps. even if they're short.



# MISTAKE #3

## Ignoring Early Sleep Cues

- Why it matters: Catching the 'sleep window' makes settling easier.

Try this instead:

- Watch for early signs: zoning out, red eyebrows, losing interest in toys.
- Start winding down before full fussiness begins



# MISTAKE #4

## Inconsistent Bedtime Routines

- Why it matters:  
Predictability calms babies  
and signals it's time for  
sleep.

Try this instead:

- Create a shorter, repeatable  
routine: bath, PJ, book,  
cuddle, bed.
- Keep it to 20-30 minutes  
max.



# MISTAKE #5

## Rushing In Too Quickly

- Why it matters: Babies often grunt, stir, or self-settle.

Try this instead:

- Wait 60-90 seconds before intervening.
- Observe before acting – they may surprise you!



# Ready for Better Sleep?

- Want tailored advice for your baby?
- Claim your Free 15-minute sleep support call
- DM me 'SLEEP' on Instagram @Salinasleepconsultant
- Let's get your whole family more rest.

