



Let's Get Started

FREE GUIDE TO IMPROVING NAPS

IN THIS E-BOOK, WE'LL GO OVER THE BASICS OF
BUILDING A HEALTHY SLEEP FOUNDATIONS
WHEN IT COMES TO YOUR LITTLE ONES NAP
HABITS.



TABLE OF CONTENTS

1. COVER PAGE
2. TABLE OF CONTENTS AUDIENCE
3. INTRODUCTION
4. QUOTE
5. SLEEP ENVIRONMENT
6. NAP ROUTINE
7. SLEEP CUES
8. AGE APPROPRIATE GUIDE
9. FALLING ASLEEP INDEPENDENTLY
10. MY SERVICES
11. TESTIMONIALS





HEY, I'M ALEXA

I help sleep deprived parents master the art of getting their babies to sleep through the night and improve daytime sleep by using age appropriate, gentle sleep approaches catered to your child. I am a certified baby + toddler sleep consultant helping parents (like you) reclaim your sleep and your sanity by providing proven techniques that will improve the quality of you and your baby's sleep patterns.

Rewind to when I had my firstborn, he had no routine, late bedtimes, and constant wake-ups. When the four-month regression hit me and everything started to spiral, something needed to change. I made the decision to educate myself on baby sleep and with the infinite information on Google and I couldn't believe there were so many options and so many aspects when it came to baby and toddler sleep.

After absorbing all that information, I underwent a sleep training course and completed my certificate. I was prepared to help others and project all that I knew to them so their little ones didn't have to struggle with sleep anymore.

Alexa xoxo



A woman with long brown hair, wearing a white, off-the-shoulder, long-sleeved dress, is walking through a field of tall, dry grass. She is holding a young child in her arms. The child is wearing a white long-sleeved shirt and blue jeans. The background is a vast field of similar grass under a clear sky. The overall tone is warm and serene.

MOTHERHOOD.

noun.

learning about strengths, you didn't know you had

SLEEP ENVIRONMENT

Sound

Signals it's time for sleep (and when turned off signals it's time to wake), masks external sounds (tv playing, loud kids, birds chirping in the morning, etc.) and mimics the womb.

Remove distractions

Remove anything dangling on top of your baby (mobile), any night lights, and anything in the cot (toys, blankets, etc).

Determine this by how you feel. If the room is too hot or cold for you, then it will be for your baby - a perfect room temperature is between 18-20 Degrees Celsius.

Temperature

Determine this by how you feel. If the room is too hot or cold for you, then it will be for your baby - a perfect room temperature is between 18-20 Degrees Celsius.

Dark

Try and make the room as dark as possible. A dark room means less stimulation and your baby will find this comforting. The darkness reminds your baby it is time to sleep, and the dark promotes melatonin (the sleep hormone).

Routine

Keep it short and sweet. For a nap routine, we're aiming for 5 minutes in length- see examples on next page.



DOES YOUR BABY TAKE A DUMMY - INVEST IN 5+ DUMMIES AND PLACE THEM ALL AROUND THE COT. THIS WILL HELP YOUR BABY GRAB ONE IN THE DARK, INSTEAD OF TRYING TO FIND THAT ONE DUMMY.



NAP ROUTINE

A NAP ROUTINE IS A GREAT WAY TO WIND DOWN AND TRIGGER THAT SLEEP IS NEAR, WHICH OVERALL ENCOURAGES BETTER SLEEP. A ROUTINE OF 5-10 MINUTES IS PERFECT.

**Go into room, and
dim lights**

Diaper change

**Read 1-2 books, or
sing a lullaby**

Sleep sack on

**Lights off, sound
machine on**

**Lay down
AWAKE**

SLEEP CUES



FUN FACT: WHEN YOUR BABY BECOMES OVERTIRED, ADRENALINE AND CORTISOL (BOTH STRESS HORMONES) ARE RELEASED IN THE BRAIN CREATING A BOOST OF ENERGY. WHAT COMES WITH THIS QUICK BOOST OF ENERGY IS A QUICK DOWNFALL – AKA MELTDOWNS.



THE GOAL IS TO HAVE FULL WAKE WINDOWS, HOWEVER, WHILST WE'RE AIMING TO ACHIEVE APPROPRIATE WAKE WINDOWS, WE DON'T WANT TO PUSH YOUR BABY AND HAVE THEM OVERTIRED.

EARLY CUES

glazed eyes
pink eyes/brows
rubs eyes/nose
pulling ears/hair
stares into space
slower movements
jerky movements
cranky and clingy
snuggling into you
reduced
playfulness no eye
contact

LATE CUES

droopy eyes
yawning crying
whimpering frantic
screams
hyperactive
arching back
difficulty to calm
clumsiness pushes
away irritable



FOLLOWING AGE APPROPRIATE GUIDES

AS YOUR BABY GETS OLDER, YOU WILL NEED TO ACCOMMODATE THEIR SLEEP NEEDS BASED ON WHERE THEIR AGE AND DEVELOPMENT MEET. AS TIME PASSES YOUR BABY'S DAY GRADUALLY INCREASES IN AWAKE TIME AND DECREASES THE TOTAL AMOUNT OF SLEEP, WHICH WILL ALSO CHANGE THE DURATION AND NUMBER OF NAPS.

sleep needs by age

0-3
months

14-17 hours
5-6 naps
4-5 hrs daytime
sleep

4-6
months

12-16 hours
3-4 naps
3-4 hrs daytime
sleep

7-9
months

12-16 hours
2-3 naps
2-4 hrs daytime
sleep

10-12
months

12-16 hours
2 naps
2-4 hrs daytime
sleep

15-24
months

11-14 hours
2-1 naps
2-3 hrs daytime
sleep

2-3
years

11-14 hours
1 nap
1-3 hrs daytime
sleep

FALLING ASLEEP INDEPENDENTLY

LEARNING TO INDEPENDENTLY FALL ASLEEP IS THE PROCESS OF WEANING YOUR CHILD AWAY FROM SLEEP ASSOCIATIONS AND HELPING THEM LEARN HOW TO FALL ASLEEP WITHOUT ASSISTANCE FROM YOU OR ANYTHING ELSE. A BABY WHO CAN FALL ASLEEP INDEPENDENTLY IS A BABY WHO CAN FALL BACK TO SLEEP WHEN THEY WAKE BETWEEN SLEEP CYCLES AND CAN TAKE LONG, CONSISTENT, RESTORATIVE NAPS.

DO YOU THINK THIS IS SOMETHING YOU NEED TO DO? I CAN HELP YOU.

IF YOU WERE THINKING ABOUT SEEKING HELP TO GUIDE AND SUPPORT YOU THROUGH THESE SLEEP STRUGGLES, PLEASE KNOW I WOULD NEVER ASK SOMEONE TO PUT THEIR BABY DOWN FOR THE NIGHT, SHUT THE DOOR, AND WALK AWAY UNTIL MORNING.

THE CRY-OUT METHOD IS ONE WAY, BUT THERE ARE SO MANY OTHER ALTERNATIVES! AND THE "CIO" ISN'T ONE THAT I USE. EVERYONE HAS A DIFFERENT APPROACH; YOU NEED TO FIND THE APPROACH THAT WORKS FOR YOU AND YOUR BABY. I CAN TEACH YOU HOW TO PROVIDE REASSURANCE TO YOUR BABY SO THAT YOU'RE BOTH EMOTIONALLY INVOLVED IN THE ENTIRE PROCESS, AND I WOULD NEVER ASK A PARENT TO BE OUT OF THEIR COMFORT



MY SERVICES TO HELP YOU DOWN THE ROAD

IF YOU FEEL AS THOUGH YOU NEED THE EXTRA SUPPORT, I CAN MOST DEFINITELY GIVE IT!



NEWBORN

0-4 MONTHS

HEALTHY SLEEP HABITS, START FROM THE MOMENT YOUR LITTLE ONE IS HOME WITH YOU. LET'S WORK TOGETHER TO ENCOURAGE HEALTHY SLEEP HABITS FROM THE

START!
Click below



[Let's do this](#)



BABY + TODDLER

4-48 MONTHS

HEALTHY SLEEP HABITS, START FROM THE MOMENT YOUR LITTLE ONE IS HOME WITH YOU. LET'S WORK TOGETHER TO ENCOURAGE HEALTHY SLEEP HABITS FROM THE START!

Click below



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ADDITIONAL SERVICES

0-48 MONTHS

HEALTHY SLEEP HABITS, START FROM THE MOMENT YOUR LITTLE ONE IS HOME WITH YOU. LET'S WORK TOGETHER TO ENCOURAGE HEALTHY SLEEP HABITS FROM THE START!

Click below



[Let's do this](#)

TESTIMONIALS



ALEXA IS TRULY AMAZING. SHE CREATED A SLEEP GUIDE FOR OUR TODDLER WHO WAS HAVE A SIGNIFICANT REGRESSION WHEN WE BROUGHT HOME OUR SECOND CHILD. ALEXA'S SLEEP GUIDE WAS SUPPORTIVE AND HELPED OUR SON BUILD THE CONFIDENCE TO FALL ASLEEP AND STAY ASLEEP! SHE WAS EXTREMELY SUPPORTIVE AND NON JUDGMENTAL. HER CHECK INS HELPED ME NOT FEEL ALONE. I WOULD RECOMMEND HER SUPPORT TO ANYONE WHO'S LOOKING FOR HELP WITH SLEEP SUPPORT FOR THEIR KIDS! SHE'S HELPED US FEEL SANE AGAIN!! WE CAN'T THANK HER ENOUGH!!



ALEXA IS AMAZING, WE ABSOLUTELY LOVED WORKING WITH HER! OUR SON WAS GOING THROUGH SLEEP REGRESSION AND WOULDN'T GO DOWN FOR NAPS OR ANY NAPS HE WOULD TAKE THEY'D ONLY LAST A FEW MINUTES. NOT ONLY DID SHE GIVE US TIPS AND HELP SETUP A SLEEP SCHEDULE FOR HIM, SHE WAS ALWAYS THERE WHENEVER I HAD A QUESTION. MY HUSBAND AND I WOULD STILL PROBABLY BE SUFFERING FROM LACK OF SLEEP HAD SHE NOT HELPED, NOW TODAY IS MY BABY NOT ONLY EASILY GOING DOWN FOR NAPS HE'S NOW ALSO BEEN SLEEPING THROUGHOUT THE NIGHT! IN ADDITION, TO THIS DAY WHENEVER I HAVE A QUESTION SHE IS STILL ALWAYS AVAILABLE TO ANSWER WHICHEVER QUESTIONS I HAVE. MY HUSBAND AND I COULD NOT HAVE ASKED FOR A MORE BETTER SLEEP CONSULTANT! THANK YOU ALEXA I HAVE NO DOUBT WE'LL CONTINUE NEEDING YOUR ASSISTANCE IN THE FUTURE!



I REACHED OUT TO ALEXA IN DESPERATION WHENEVER MY CO-SLEEPING 7 MONTH OLD WOULD ONLY BE NURSED AND/OR HELD TO SLEEP ALL NIGHT. SHE GAVE US VERY DETAILED INSTRUCTIONS, A PERSONALIZED SCHEDULE, AND WAS AT MY BECK AND CALL FOR A WEEK STRAIGHT GUIDING ME VIA TEXT! I WAS SO GRATEFUL TO HAVE SOMEONE TO HELP ME THROUGH SLEEP TRAINING AND WOULD RECOMMEND HER TO ANYONE. MY SON NO LONGER NEEDS SLEEP CRUTCHES AND IS SLEEPING ON HIS OWN!

