

# SWEET DREAMS: YOUR TODDLER'S SLEEP GUIDE

## How Much Sleep?

- Your toddler needs 11-13 hours of sleep per night
- Some toddlers might still enjoy a 1-hour daytime nap
- Every child is unique in their sleep needs!
- Missing morning or afternoon sleep can lead to overtiredness



## Understanding Sleep Cycles

- Your toddler's sleep cycles last longer than a baby's
- Each cycle includes light sleep and deep sleep
- By age 3, about 33% of sleep is light sleep
- Brief wakings between cycles are completely normal



## Spotting Tired Signs



- Increased clumsiness during play
- Becoming clingy or demanding constant attention
- Grizzling (continuous crying but not loudly) or crying more than usual
- Losing interest in toys
- Getting fussy with food

## Tired or Hungry?

- If fed within 2 hours and still grizzly, likely tired
- Offer a small feed if unsure - if still unsettled after, time for sleep
- Each child shows unique tired signs



## Pre-Sleep Routine



- Reduce stimulation before bedtime
- Move to the usual sleeping space
- Put away toys and dim the lights
- Play soft music to mask background noise
- Spend quiet time together with gentle cuddles or stories

## Remember

- Bedtime resistance is common - stay patient and consistent
- Each child's sleep journey is different
- A consistent bedtime routine can work wonders
- Experiment to find what works best for your child
- Supporting your toddler's sleep helps them grow, learn and thrive!