

Sssssh...The **Secret**
to **Better Sleep** for
Your Baby



babywool
sleep tight xxx

What if **sleep-time** could be **simpler**?

We all know that getting enough sleep is essential to our baby's health and development. And to our wellbeing as parents too. Yet bedtimes can be a battle – whether your baby is struggling to settle or waking time after time in the night. It can feel like the trials will never end. But sometimes the simplest things can work wonders.

That's why we've put together this guide to help you understand your baby's sleep better and learn some surprisingly simple changes that can make a big difference.

After all, getting that routine right now could set the scene for a whole lifetime of healthy sleeping habits.



Why Isn't My Baby Sleeping?

As every parent soon comes to realise, there are many reasons why a baby won't sleep. With little ones, sleep issues come and go, and your baby will likely experience different sleep disruptions at different stages in their development. Some sleep issues, like having a cold, can be relatively short-term, while others can last months before your baby settles into a new routine.

So it's no wonder that sometimes it can be difficult to know just why your little one won't sleep right now.



Hungry

Signs: Every parent knows how to spot a hungry baby!

Solutions: Night feeds are most common with younger babies and your little one will gradually grow out of this need. If you do want to help the process along, you can increase feed sizes in the evening, so that your baby goes to bed feeling full and is less likely to wake.

Wants attention/play

Signs: Baby is wide awake but not grizzly or unsettled.

Solutions: Try to leave your baby to settle of their own accord - often they will simply play for a few minutes before going back to sleep.

Teething

Signs: Grizzly, unsettled behaviour, flushed face (usually on one side), red gums, eating less.

Solutions: Night-time teething gels specifically for babies, comfort and distractions, making their sleeping environment more soothing to help them to settle to sleep more easily.

Too hot

Signs: Temperature above 37.5°C, clammy or sweaty skin.

Solutions: Remove any extra layers to help lower baby's temperature, check room temperature and turn down heating if necessary. To prevent overheating, dress your baby in natural materials such as fine merino wool or cotton for sleep and choose natural fibres for bedding.

Too cold

Signs: Blue or blotchy hands or feet, unusually quiet behaviour, skin that is cold (not just cool) to the touch.

Solutions: Check that the room where your baby is sleeping is between 16-20°C, dress baby in a sleep suit that covers the feet and has built-in mittens. While it's important to make sure your baby isn't too cold, avoid using too many layers or turning the heating up high as these can place your baby at risk of overheating.

Feeling unwell

Signs: Temperature, unsettled behaviour.

Solutions: This depends on why your baby is feeling unwell. However, alleviating the symptoms should help your baby to settle sooner and wake less frequently. Some illnesses can be remedied with the right medication, while in other cases, you may need to be patient and just let it run its course.

Nightmares

Signs: Waking feeling distressed and crying. Tends to be more common in toddlers.

Solutions: Soothe your baby by staying with them until they are calm enough to settle back to sleep.

Just won't sleep

Signs: Feeding and cuddles don't help baby to settle, baby shows no symptoms of being unwell. Tends to be more common in newborns.

Solutions: Patience, cuddles and time! Newborns struggle to understand the difference between day and night, resulting in erratic sleeping patterns. After the first three months, they should begin to settle into a more consistent routine.

Your Baby's Sleep Routine

Wondering how much sleep your baby should get? It's far from an exact science, as every baby is different. Here's a guide to typical sleeping patterns by age so you know what to expect.

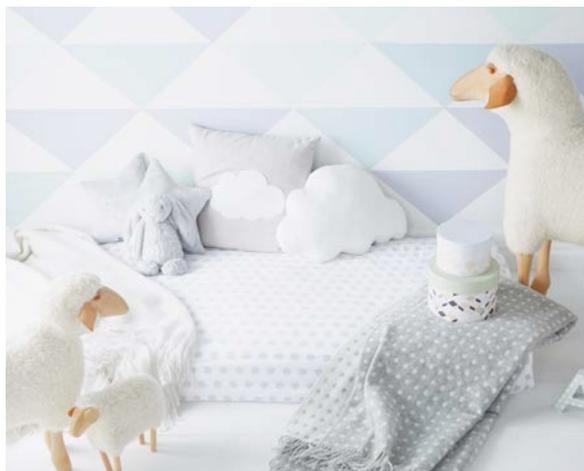
|  Baby's Age |  Typical Hours of Sleep |  Cheat Sheet Notes |
|---|---|---|
| Newborn to 3 months | 18 hours | Up to three months old, most babies can't tell the difference between day and night, making it difficult for them to establish a sleep routine. Their need to feed at regular intervals means that they tend to wake several times each night. |
| 3-6 months | 14-16 hours | From three months onwards, it is possible to begin establishing a sleep routine for your baby. While they will probably still wake at night for feeding, they will begin to decrease daytime sleeping and sleep for longer at night between waking. |
| 6-12 months | 13-14 hours | Most babies will stop night feeds, helping them to wake less and sleep more during the night. However, babies can begin teething from six months, another issue that can disrupt sleep. Babies also become more active generally - the excitement of this development can also cause them to struggle to settle at night. |
| 12-24 months | 13-13.5 hours | Napping decreases considerably, with most sleep occurring at night. Teething, growing pains and increased mobility may all disrupt sleep. |
| 2-3 years | 12-13 hours | By the time your child is two, they will nap just once or twice per day, sleeping through at night. |
| 3+ years | 12 hours | By age three, most children will no longer need a nap during the day, although some do. At this age, bad dreams or even night terrors can cause them to wake at night. |

Why Your Baby Gets Too Hot at Night

When it comes to safe sleep for babies, making sure that your little one maintains a healthy temperature is vitally important. Being too hot can cause your baby to wake, disrupting their sleep quality and resulting in a grumpier baby by day. Overheating can also increase the risk of SIDS (sudden infant death syndrome) in younger babies.

[You can learn more about SIDS and reducing the risk on the NHS Choices website.](#)

To keep your baby comfortable and help them sleep safe, it's important to understand the difference between how adults and babies manage body temperature.



Why babies can't manage temperature effectively

Babies' bodies are still developing, and this includes their ability to regulate their own temperature. In fact, they won't fully develop this ability until they are well into their childhood years. This is why it's important to keep a close eye on your baby's temperature and to take extra steps to help them maintain a safe sleeping temperature.

Signs that a baby may be overheating include:

- Temperature of 37.5°C or higher
- Sweating or clamminess
- Flushed skin, particularly on the face
- Grumpy or irritable behaviour

What you should do if your baby is overheating

Take steps to cool your baby down:

- Remove extra layers, particularly hats or hoods
- Move baby away from any heat sources such as radiators, heaters or hot water bottles
- Turn heating down and/or take baby into a cooler room
- If it's hot or sunny, move your baby into the shade, even if you're indoors
- Don't put your baby back to sleep until they have returned to a normal temperature

Check for other symptoms:

Overheating can sometimes be a sign that your baby is unwell, so you should also check for any signs of illness, such as a rash, fretfulness or lethargy. If you find other symptoms, you should speak with your GP or call the NHS out of hours advice line.

How Hot is Too Hot?

According to current NHS guidelines, a normal temperature for babies is around 36.4°C, although this can vary slightly from child to child. Anything above 37.5°C is classed as a fever. If your baby's temperature is 38°C or above, or if their temperature is 37.5°C and they show other signs of illness, you should contact your GP or seek medical advice.

How to prevent overheating

- Dress your baby in natural fabrics – cotton, or wool are more breathable than synthetic alternatives, helping your baby to stay at a healthy temperature.
- Light layers are best – dress your baby in thin, light clothing such as a sleep suit or vest.
- Turn central heating down or off – the ideal room temperature for a baby is 16-20°C.
- Always make sure that your baby's crib or cot is placed away from radiators, heaters or fires.
- Keep your baby's crib or cot out of direct sunlight – this can be surprisingly warming, even on cooler days.
- For babies up to 12 months old, make up their bed with either a blanket or sleeping bag. Babies shouldn't sleep under a duvet until they are at least 12 months old.
- Keep your baby's head uncovered while they're sleeping – hats and hoods will keep their body heat in, preventing them from releasing excess heat.
- Put your baby in their own cot or crib for sleeping. Current advice from the NHS is that the safest place for your baby to sleep until they are six months old is in a cot in the same room as you. Aside from other considerations, co-sleeping can put your baby at increased risk of overheating.
- Choose natural materials for bedding too – cotton is the ideal choice for sheets, while wool is highly effective at regulating temperature, making it the ideal filling for baby sleeping bags.



Keep Baby Warm Too

While avoiding the risks of overheating, you'll want to make sure that your baby stays warm enough too. Natural fibres such as wool are breathable, helping to regulate temperature. This means that they help to keep baby cool when they're hot, but will also keep them warm when it's chilly. One way to check if your baby is too cold is to check their hands and feet – while it's normal for them to feel cool, if they look blotchy or blue, your baby may be too cold.

How to Harness the Power of Wool to Help Your Baby Sleep

It's safe to say that sheep know a thing or two about sleep. In fact, when it comes to regulating temperature effectively and managing moisture, wool is proven to be more effective than other natural fibres such as cotton and feather/down. Both of these qualities are vital when it comes to getting a better night's sleep.

So how can you harness the power of wool to help your baby sleep better? There are whole host of ways to use wool in your baby's sleep environment.

1. Lay the foundations for snooze time



Wool mattress

Crib mattress - filled with natural fibres including coir, wool and Alpaca. Organic cotton outer.

Designed to provide a firm, supportive surface for young babies, helping them to maintain a healthy sleeping position.

Cot and cotbed mattress - filled with wool, alpaca, coir and with extra padding to provide a softer surface compared to the firmer crib mattresses. Organic cotton outer.

A comfortable, heat-regulating surface for when your baby's ready to move from crib to cot.

2. Add extra comfort



Mattress protector

100% Organic cotton outer, filled with British wool. Easy to clean - simply wash on wool cycle in your washing machine.

Designed to keep baby's mattress fresh and clean.

Mattress enhancer

Soft merino wool fleece layer. Easy to clean - wash on wool cycle in your washing machine

Designed to regulate temperature and add an extra comfy layer to baby's mattress.

Sheepskin Comforter

100% natural. Heat-regulating and comfy - ideal for providing a soothing layer.

Sheepskin underlays have been associated with a higher rate of weight gain in underweight newborns.*

*Source: Scott, S., Lucas, P., Cole, T., and Richards, M., The Lancet, October 29, 1983, p1014-1016.

3. The perfect sleep cover



Tiny tots > Sleeping Bag

100% natural, British wool, encased in soft, breathable cotton.

Ideal for use from birth (weight 3.2kg and up)

Designed to maintain a temperature that promotes safe sleep for babies, with a layer that stays securely in place.

Suitable up to 18 months old.

Growing girls and boys > Duvet and pillow

100% British wool encased in Organic cotton outer.

Ideal for little ones aged 12 months plus.

Heat-regulating and moisture absorbing. Ideal for their first grown-up bed.

4. Keep comfy on the go



Sheepskin buggy liner

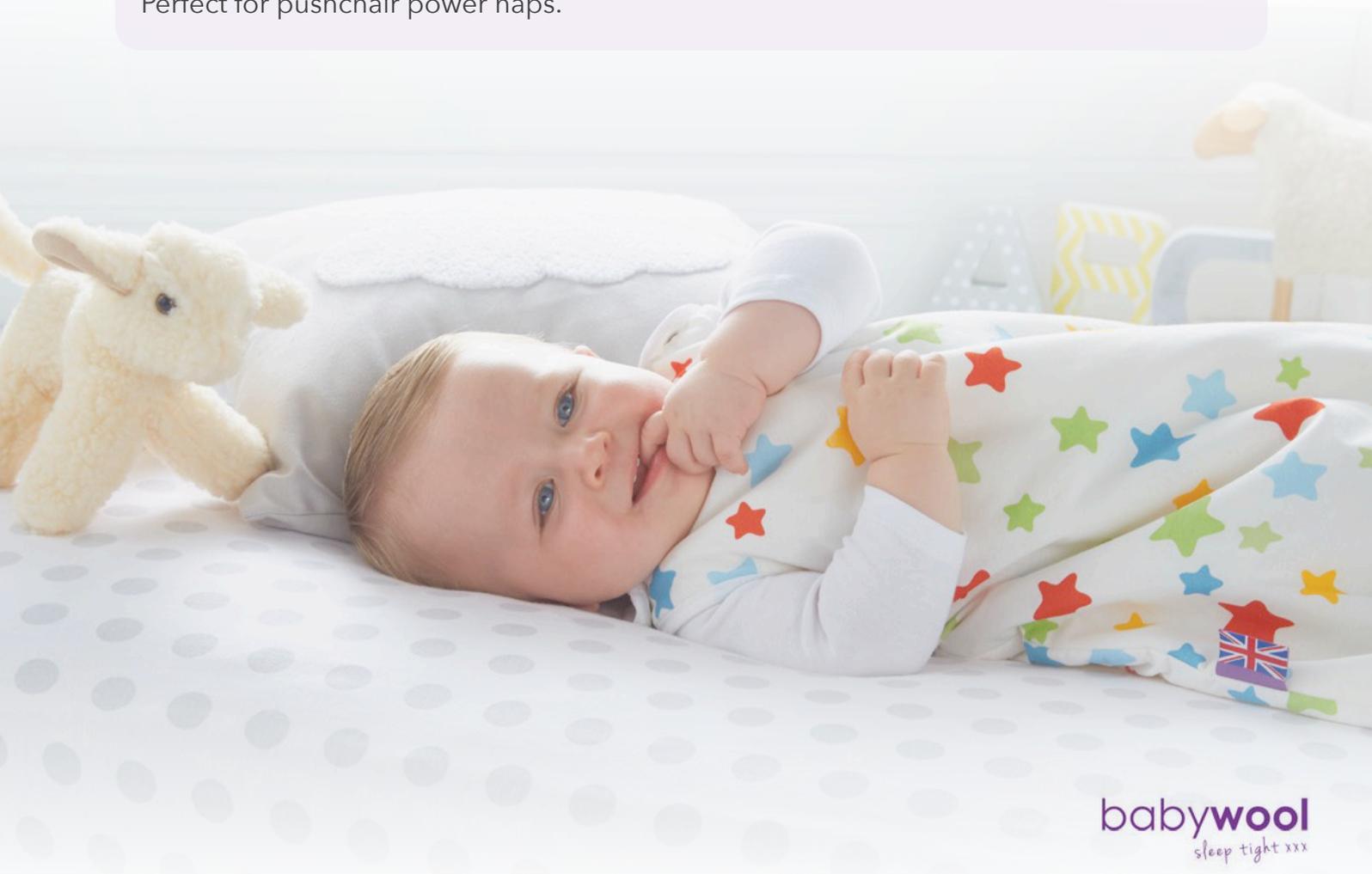
100% natural sheepskin. Designed to harness the heat-regulating, hypoallergenic qualities of wool - on the go.

Help baby snatch some shuteye while you're out and about.

Sheepskin footmuff

100% natural sheepskin. Designed to keep baby warm and cosy without overheating.

Perfect for pushchair power naps.



How to Get the Most from Your **Baby Wool** Bedding

Should my baby have a duvet or a sleeping bag?

Both sleeping bags and duvets provide a comfortable sleeping environment for your baby. While sleeping bags are suitable from birth (as long as your baby weighs more than 3.2kg), duvets can only be used by babies aged 12 months or older.

So up until your baby is 12 months old, a sleeping bag is the simple choice. Once your baby is a year old, you may want to consider a duvet instead. Both wool duvets and sleeping bags deliver the same temperature-regulating, hypoallergenic benefits - so it's really a question of which is more comfortable for your baby.

While some will be ready to sleep under a duvet in preparation for transition to their "grown-up" bed, others may prefer the way that a sleeping bag stays securely in place while they sleep. Sleeping bags can be found in sizes up to 18 months old - so there's no need to rush the transition to a duvet if you don't feel that your little one is ready just yet.



If I have a wool sleeping bag or duvet, do I need to buy a wool mattress too?

While it's not essential to combine your wool sleeping bag or duvet with a wool mattress, you'll likely notice the greatest benefit if you do. This is because wool mattresses have the same temperature-regulating and hypoallergenic qualities as wool bedding, helping to surround your baby in sleep-enhancing wool.

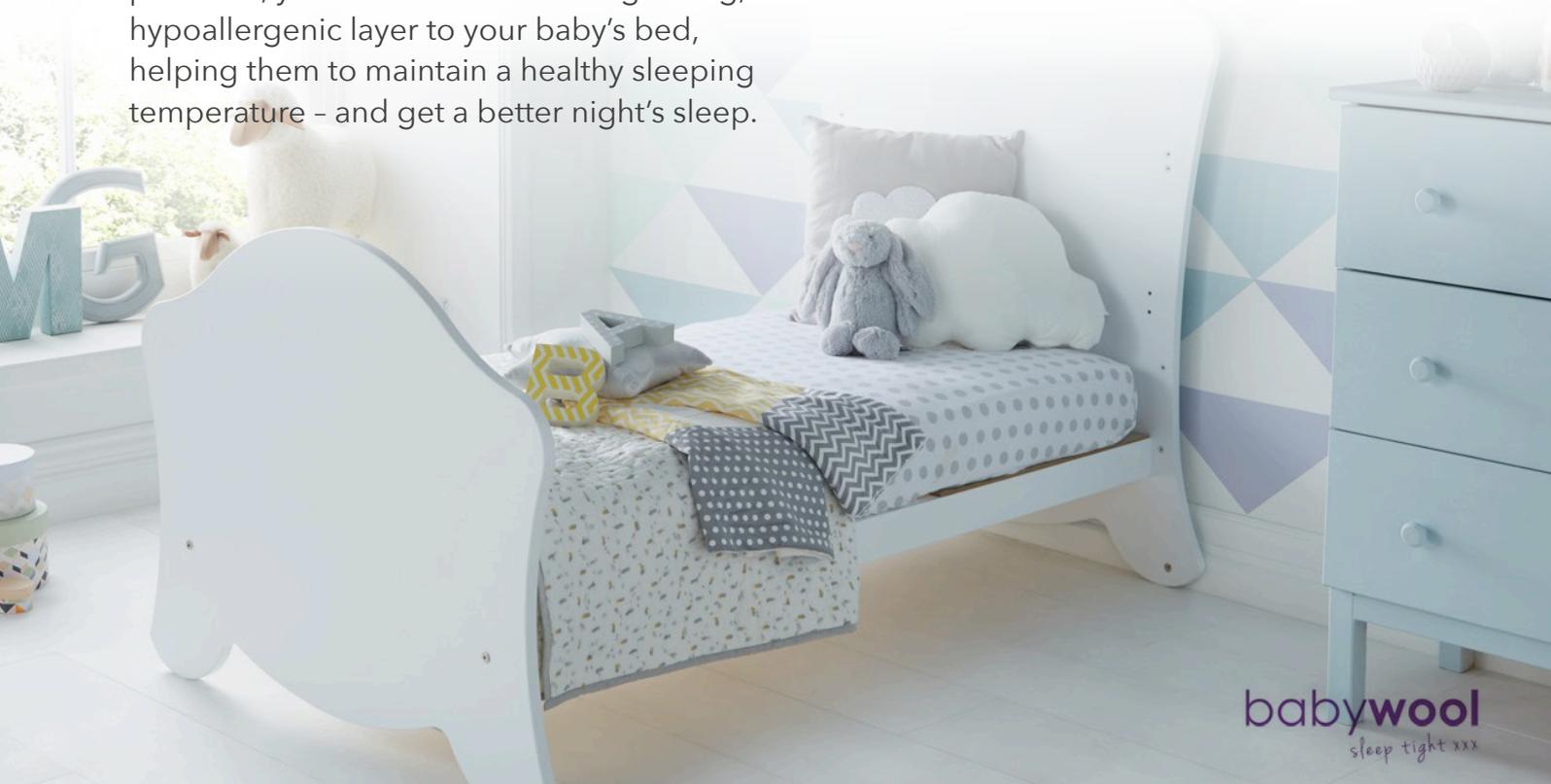
Of course, if you already have a non-wool mattress but want to improve the comfort of your baby's bed, you can add a wool mattress protector. While not quite as effective as sleeping on a wool mattress, this will help to bring some of the sleep-enhancing benefits of wool to your little one's bed. By surrounding them in wool, you can help them sleep better.

Does my baby need a mattress protector?

A mattress protector will help keep your baby's bed fresh and clean, by minimising leaks and stains getting onto the mattress. Unlike the mattress itself, the mattress protector is easy to remove and clean, making baby's bed good as new in no time! But there's more. By choosing a wool mattress protector, you add another heat-regulating, hypoallergenic layer to your baby's bed, helping them to maintain a healthy sleeping temperature - and get a better night's sleep.



Whatever you choose, the most important thing of all is to make sure that your baby sleeps on a firm surface that supports their body in the right sleeping posture. This is particularly important for babies under a year old, as they should have a mattress which helps them to remain sleeping on their back.



Which is best, a mattress protector or an enhancer?

Mattress enhancers and protectors do two different jobs. While a protector keeps the mattress clean of leaks and stains, an enhancer provides an extra layer of comfort.

Wondering which to choose?

A mattress protector is an essential to keep baby's bed clean and fresh. On the other hand, a mattress enhancer might not always be needed. You may want to try using one of these if your baby struggles to get comfortable and settle at night.

How do I make sure my baby's sleeping bag fits properly?

When fastened, your baby's sleeping bag should fit securely at the shoulders in such a way that their head can't pass through the neck hole. This will make sure that the sleeping bag can't slip over your baby's head while they're asleep. The sleeping bag should also have enough room to allow their legs to move freely.

To get the right fit for your baby, consider both age and measurement guidelines when choosing the right size sleeping bag.

What should my baby wear underneath their sleeping bag?

We recommend a fine merino wool or cotton sleep suit for underneath your baby's sleeping bag – this should keep them comfortable but cool while sleeping. For maximum heat-regulating benefits, choose merino wool or 100% cotton or wool materials over polyester blends.



Are all baby sleeping bags made from wool?

Just like duvets for grown-ups, baby sleeping bags can be made from a variety of materials. Outers are usually cotton, or poly cotton, while fillings can include cotton, polyester and, of course, wool. These materials all perform differently, creating a different sleeping environment for your baby. Natural materials tend to be more breathable than synthetic ones, with wool proven to reach the optimum temperature for sleep faster than either polyester or feather/down*. It is also able to maintain this temperature consistently. Only wool filling provides a high-performing, heat-regulating sleeping bag that is also hypoallergenic.



*Source: University of Leeds research study commissioned by The Wool Room, April 2016



About Baby Wool

Your baby is happiest and healthiest after a good night's sleep. That's why we've designed our range of BabyWool products to harness the naturally sleep-enhancing benefits of wool.

Nature's miracle fibre is temperature-regulating, hypoallergenic and kind to the environment - making it perfectly suited to support your little one's snooze time. We've incorporated natural, British wool into our range of premium baby bedding, so your baby can enjoy the benefits through our sleeping bags, mattresses, pillows and more.

Because when baby sleeps better, Mum and Dad do too.

Sleep tight xxx

Discover a wide range of Baby Wool products for your little one:

www.babywool.com

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