

## “Why does my child not nap well during the day?”

**If my child is tired, why is it such a battle to get him down for a nap? Why does he not settle for longer than 30 minutes for naps?**

**Sound familiar? What's the cause?**

1

### Is he overtired and overstimulated?

A child who has been pushed beyond their optimal sleep window can become overtired and overstimulated, which can affect their ability to wind down to sleep. Catching them before they get to this wired point can help them wind down more easily.

2

### What is the nap environment like?

A child who gets overstimulated by their surroundings will sleep better in a quiet, dark environment. A short wind down process, including reading a short book or listening to some quiet music together before going down in the cot, can help your child relax and unwind. And if your child sleeps in a sleeping bag at night-time, use it for daytime sleeps too.

3

### Does your child need certain conditions in place to settle to sleep?

A child who needs to be rocked, walked or fed to sleep at the beginning of the nap will associate this process with settling to sleep. When they wake in between sleep cycles, they will require those same conditions in order to get back to sleep.

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### Why are the naps so short?

Encouraging your child to settle more independently in their cot or bed at the start of a nap will help them to transition from one sleep cycle to the next themselves, thereby encouraging longer naps.

5

### Are you consistent in responding to your child?

This is a common word when talking about sleep. Consistency is the key to encouraging your child to sleep better at naptime, and giving a consistent response to your child when trying to encourage them to sleep will help keep their frustration levels to a minimum.

## Book a Child Sleep Plan from The Sleep Works

We provide you, as a parent, with a personalised sleep plan to help you get your child's sleep on track. Find out more at [thesleepworks.co.uk](https://thesleepworks.co.uk) or email [info@thesleepworks.co.uk](mailto:info@thesleepworks.co.uk)