



The 4-month Sleep Regression

Parenthood is an incredible journey, filled with countless joys and precious moments. However, it also comes with its fair share of challenges, and one of the most notorious ones is the 4-month sleep regression. Just when you think you've got a handle on your baby's sleep routine, this regression can throw everything off balance, leaving you feeling exhausted and bewildered.

But fear not, you are not alone in this struggle. In this blog, we'll dive into the mysteries of the 4-month sleep regression and provide you with practical strategies to help you and your little one sail through this phase.

Understanding the 4-Month Sleep Regression

At around the 4-month mark, many babies experience a significant shift in their sleep patterns, commonly known as the 4-month sleep regression. This phase is a natural and normal part of your baby's development, marked by the development of [sleep cycles](#). As a result, your baby may start waking up more frequently at night and have difficulty settling back to sleep, especially if they've relied on certain sleep props like dummies, cuddling, rocking or feeding to sleep.

Signs of the 4-Month Sleep Regression

Increased nighttime wake-ups: Your baby may start waking up more often during the night, disrupting longer stretches of sleep.

Restlessness: You might notice your baby tossing and turning more frequently during sleep, indicating restlessness.

Shortened naps: Daytime naps may become irregular and shorter, leading to fussiness and overtiredness.

Strategies to Help Navigate the 4-Month Sleep Regression

Establish a Consistent Routine: A calming bedtime routine can work wonders during this challenging period. Consistency signals to your baby that it's time to wind down and prepare for sleep. Incorporate soothing activities like a warm bath, gentle massage, or a bedtime story.

Create a Sleep-Friendly Environment: Ensure your baby's sleep space is conducive to rest, with comfortable bedding, darkness, and minimal noise. Consider using blackout curtains and blinds or white noise machines.

Encourage Independent Sleep Skills: Practice putting your baby down awake for naps or bedtime, and stay with them using your voice to offer reassurance if they become upset, rather than relying on external sleep props every time.

Adjust Daytime Sleep: Focus on maintaining adequate daytime sleep to prevent overtiredness. Typically, four-month-olds can manage around 2 hours of awake windows between naps.

Prioritise Self-Care: Remember to take care of yourself amidst the challenges of parenting. Prioritise rest, delegate tasks, and seek help when necessary. A well-rested parent is better equipped to handle parenting challenges.

The 4-month sleep regression can be a trying time for both you and your baby, but with understanding, consistent routines, and a supportive sleep environment, you can help your little one navigate this phase more smoothly. Remember, be patient with yourself and your baby. You've got this!

If you're struggling with the 4-month regression and need support, please don't hesitate to reach out to Little Dreams Birmingham for a [complimentary 15-minute consultation](#). You are not alone in this journey, and together, we can help you and your baby get through this challenging phase.



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