



The Secret Sleep Notebook: The Emergency Night-Waking Fix



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Welcome

First of all—take a deep breath. You're here because you're ready to reclaim your nights, and that's a huge first step!

I know firsthand how draining it can be when your baby's night wakings feel endless. You're tired, overwhelmed, and just want answers—and that's exactly why I created this notebook.

How to Use This Guide:

- **Identify the Issue:** Start by reading through the most common reasons for night wakings.
- **Quick Fixes:** Use the easy-to-follow tips and techniques to address your baby's wake-ups right away.
- **Troubleshoot & Track:** Take notes as you go—jotting down what worked and what didn't helps you find patterns.
- **Stay Encouraged:** Sleep training can feel daunting, but remember—you've got this! Keep this guide handy for those tough nights.

You're not alone on this journey, mama. I'm cheering you on every step of the way! Let's get started.



Why Your Baby Keeps Waking Up All Night

Here are the 3 biggest reasons your baby might be waking up all night:

1. Sleep Associations

Babies often become dependent on certain things to fall asleep—like being rocked, nursed, or using a pacifier. When they naturally wake between sleep cycles (as we all do), they might not know how to fall back asleep on their own without that same help. This is called a sleep association, and it's one of the most common culprits behind frequent night waking.

2. Overtiredness or Undertiredness

Your baby's sleep needs change as they grow, and wake windows play a big role in whether they fall asleep easily and stay asleep. If your baby is overtired, their body may release stress hormones that make it harder to settle. On the other hand, if they're not tired enough, they may not be ready for sleep. Striking the right balance is crucial!

3. Hunger vs. Habit

It's easy to assume every wake-up means your baby is hungry, especially if they calm down after nursing or a bottle. But after a certain age, not every wake-up is about food. Sometimes, it's a habit rather than true hunger. Knowing the difference can save you a lot of sleepless nights.

CHECKLIST: WHAT'S CAUSING YOUR BABY'S NIGHT WAKINGS?

SLEEP ASSOCIATION

Falling Asleep:

- ☐ My baby usually falls asleep while being nursed or bottle-fed.
- ☐ My baby needs to be rocked, bounced, or walked to fall asleep.
- ☐ My baby falls asleep with a pacifier and wakes up looking for it.
- ☐ My baby needs to be cuddled or held until fully asleep.
- ☐ My baby sleeps in my arms and wakes up when transferred to the crib.

During the Night:

- ☐ My baby wakes up crying as soon as I put them down.
- ☐ My baby wakes multiple times a night and needs the same comfort to fall back asleep.
- ☐ My baby has difficulty transitioning between sleep cycles without assistance.

CHECKLIST: WHAT'S CAUSING YOUR BABY'S NIGHT WAKINGS?

OVERTIREDNESS OR UNDERTIREDNESS

Signs of Overtiredness

- ☐ My baby becomes fussy or clingy in the evening.
- ☐ My baby often skips naps or only takes short catnaps (20-30 minutes).
- ☐ My baby is difficult to settle at bedtime or takes a long time to fall asleep.
- ☐ My baby often wakes up too early in the morning (before 6 AM).

Signs of Undertiredness

- ☐ My baby resists naps even when it's nap time.
- ☐ My baby wakes up early from naps and seems content.
- ☐ My baby takes longer than 20-30 minutes to fall asleep at night.
- ☐ My baby wakes up in the middle of the night and is wide awake for an hour or more.

CHECKLIST: WHAT'S CAUSING YOUR BABY'S NIGHT WAKINGS?

HUNGER VS. HABIT

Habit Feeding Patterns:

- ☐ My baby wakes up at the same times every night wanting to eat.
- ☐ My baby eats for just a few minutes before falling back asleep.
- ☐ My baby is over 4-6 months old and still feeds every 2-3 hours at night.
- ☐ My baby only eats a little at night, but it seems to soothe them back to sleep.
- ☐ My baby is gaining weight appropriately and eating well during the day.
- ☐ My baby often wakes after only an hour or two of sleep, even if they just ate.



Day 1: Adjust Wake Windows & Create a Predictable Bedtime Routine

Goal: Set your baby up for sleep success by preventing overtiredness or undertiredness.

Step 1: Assess Wake Windows

Adjust your baby's wake windows based on their age.

- 1-2 months: 60-90 minutes
 - 3-4 months: 75-120 minutes
 - 5-7 months: 2-3 hours
 - 7-10 months: 2.5-3.5 hours
 - 11-14 months: 3-4 hours
 - 14-24 months: 4-6 hours
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Step 2: Create a Consistent Bedtime Routine

- Choose the same series of activities to repeat every night (Ex: bath, massage, pajamas, story, rock for a few minutes, place in the crib and say good night).
 - Keep the routine the same every night to signal that sleep is coming.
 - After dinner- Dim the lights, maybe use calming music, and avoid stimulating play
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Step 3: Put Baby Down Drowsy but Awake

- Start the routine 20-30 minutes before your ideal bedtime.
- Aim to have your baby in their crib while still awake, so they start to learn how to fall asleep independently.
- Use a comforting phrase as you lay them down, like, "It's time to sleep. I love you."

Day 2: Reduce Sleep Props & Encourage Independent Sleep

Goal: Help your baby learn to self-soothe without relying on sleep props.

Step 1: Identify the Sleep Props

- Think about what your baby relies on to fall asleep (feeding, rocking, pacifier).
 - Start phasing out one sleep prop at a time, starting with the most disruptive (like feeding to sleep).
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Step 2: Gradual Reduction Method

- If your baby relies on being rocked, reduce the time spent rocking each night.
 - If your baby feeds to sleep, take them off the breast or the bottle before they fall asleep.
 - If using a pacifier, gently reduce dependence by offering it less frequently.
 - Instead of picking your baby up immediately, use gentle touch or calming words from the crib.
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Step 3: Practice Independent Sleep

- After the bedtime routine, place your baby in the crib awake.
- If they fuss, give them a few moments to settle before intervening.
- Offer brief, consistent comfort methods without taking them out of the crib.

Day 3: Give Baby Space to Settle & Respond with the Right Soothing Methods

Goal: Allow your baby the opportunity to self-settle while still providing support when needed.

Step 1: Pause Before Responding

- If your baby wakes at night, pause for a few minutes before going in.
 - Sometimes babies resettle on their own within a few minutes. If younger, closer to 4-5 months; maybe you only give them 3-5 minutes. If older than that, maybe you feel comfortable giving 8-10 minutes. Find what you're comfortable with.
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Step 2: Use a Graduated Response Approach

- If your baby continues to cry, go in briefly to offer comfort (a few reassuring words or a gentle pat).
 - Avoid picking them up unless they are clearly distressed.
 - Gradually increase the time you wait before going in (e.g., start with 2 minutes, then 5, then 10).
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Step 3: Stay Consistent

- Use the same soothing methods for every waking.
- If you pick a method (like patting or shushing), stick to it—consistency is key. If you pick a method where you go in at certain timed intervals, stick with that.
- Reinforce the message that the crib is a safe, comforting place to sleep.

If Baby Wakes Up Crying at 12 AM:



1. Pause and Listen:

Give your baby a few minutes to see if they settle on their own. Sometimes they stir and go right back to sleep.

2. Check for Comfort Needs:

- Diaper: Is it full or uncomfortable?
- Temperature: Is the room too hot or too cold?
- Teething: Rub a clean finger over gums to check for swelling.

3. Reassure Without Picking Up:

- Use a calm, soothing voice and offer a gentle pat.
- Repeat a consistent sleep phrase like, "It's still bedtime, I love you."
- Avoid turning on bright lights or making eye contact.

4. Keep it Brief:

- If your baby still fusses, offer minimal intervention—keep the visit under a minute
- Resist the urge to pick them up unless they are very upset



If Baby Wakes Up Every 2 Hours:



1. It's Likely NOT Hunger:

- If your baby is over 6 months and eating well during the day, they likely don't need feeds overnight.
- Try offering a pacifier (unless it disrupts sleep more) or something like a gentle back rub or comforting words, instead of feeding.

2. Address Sleep Associations:

- Is your baby relying on rocking, nursing, or a pacifier to fall asleep each time?
- Start reducing these associations by using a consistent calming technique instead (like patting or shushing or giving a few minutes).

3. Adjust Wake Windows During the Day:

- Overtiredness can cause frequent wake-ups.
- Make sure naps are spaced correctly and not too short.



If Baby Wakes Up and Seems Wide Awake:



1. Stay Calm and Low-Key:

- Resist the urge to engage or play.
- Keep the room dark, use a soft voice, and maintain a calm atmosphere.

2. Offer Gentle Reassurance:

- Use soothing phrases like, "It's still sleep time."
- Try gentle patting or rubbing their back.
- OR don't intervene at all if they are quiet and content.

3. Avoid Taking Them Out of the Crib:

- Picking them up or moving them to another room can signal that it's time to wake up.
- Instead, offer comfort while they stay in their sleep space.

4. Consider Daytime Adjustments:

- Are they getting too much daytime sleep or napping too close to bedtime?
- Adjust nap lengths or spacing if your baby consistently wakes up wide-eyed at night.



SECTION 4



The #1 mistake that keeps so many families stuck in a cycle of night wakings?

Inconsistency

One night you rock your baby to sleep... the next you try to let them settle on their own.

One night you feed them at 2 AM... the next night you don't.

One night you try to stick it out... the next you bring them into your bed.

And I get it—you're exhausted. You just want sleep.

But those mixed signals? They confuse your baby.

Babies are smart. They're always learning.

But what they learn depends on what we consistently teach them.

If the message keeps changing, they don't know what to expect. So they keep waking up, wondering, *"Will I get rocked? Will I be fed? Will I get to snuggle in mom's bed?"*



What they need is predictability.

They learn through repetition, patterns, and calm confidence from you.

The more consistent you are, the faster they'll adjust, and the sooner everyone will sleep better.

A little mantra for when you're tempted to give in:

✨ **"My baby is learning. My consistency is what brings calm."**

Repeat it to yourself in those hard middle-of-the-night moments.

Because this isn't just about one night—it's about building long-term, healthy sleep habits that serve your entire family.

You've got this



Ready for Even Better Sleep? Here's Your Next Step.

You've made it through The Secret Sleep Notebook—and that means you're already on your way to better nights. 🙌

But if you're craving a full, step-by-step plan that walks you through bedtime, night wakings, naps, and more...

🗣️ You don't have to do this alone.

Upgrade to the Full Sleep Course or My 1:1 Support Program

The Sleep Course: ~~\$127~~ **\$37**

Get instant access to my full online course with video lessons and modules that show you *exactly* how to get your baby sleeping 10–12 hours a night—without endless tears or guessing.

Want Personalized Help? ~~\$497~~ **\$397**

Work with me 1:1 in my Essential Sleep Program and get a completely customized sleep plan, a training video, and daily support from me (your Sleep BFF!) for 2 weeks. I'll hold your hand every step of the way.



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