

Your Guide to:

Early Morning
Wake Ups

Your complete guide to
reversing early morning starts
with your little one

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You've got an early bird!

Want to know the secret? Night owl parents are usually paired up with early bird babies, and vice versa... Now any morning wake up after 06:00 is a natural, reasonable time to start the day. But for me, a classic night owl, this is brutal!

There are many factors that can influence the time your little one is “ready” to start the day, and we’ll work through them here:

- 1. The time your child goes to sleep at night**
- 2. Your child’s sleep environment**
- 3. How you respond to your child when they wake earlier than 06:00**

You ready? Let's dive in...

Why is my child waking up brutally early?

HERE'S WHAT I'M LOOKING FOR:

When I'm assessing either babies, toddlers or pre-schoolers who are chronic early birds, the red flags I'm looking for are the time they go to sleep at night, what their bedroom looks like when it's dark outside and how parents are responding when their child wakes up at 04:00.

HERE ARE THE EASIEST FIXES TO EARLY MORNINGS:

- ✓ **Bedtime is too late:** The number one cause of early morning wakings! The age old advice of "put baby to bed later to make them sleep in later" simply isn't true, and can in fact cause an earlier wake up due to the overtired spike in natural stimulants!
- ✓ **Night light settings:** Is your Hatch light set to white, yellow, blue, purple, really **any colour other than red when your child is sleeping?** These colours disrupt the brains sleep hormone regulation and can cause and prolong night wakings and early mornings! **Switch to Red ASAP**
- ✓ **Status lights:** While we're talking about lights, I want you to walk around your child's room with the door and curtains closed, lights off, with white tack in your hand. Any electrical appliance that has a status light, **cover it up with white tack** to eliminate sleep disruption - you'd be surprised how stimulating these can be to little ones!
- ✓ **Window coverings:** The biggest factor in your child's sleep environment when it comes to early mornings is their window dressings!

SIGNALS TO THE BRAIN

Artificial and especially natural light signal the brain to boost natural stimulants, adrenaline and cortisol, and put our bodies into awake mode - the opposite we're looking for at 04:30/05:00 in the morning!

Why is my child waking up brutally early?

BEDTIME

No, the age old advice of keeping your little one up later to make them sleep in longer is NOT true, even only if it were that simple! And in fact a bedtime that is too late will encourage your child will wake earlier in the morning... **Why??:**

THEY'RE OVERTIRED:

- ✓ Children falling asleep later than is optimal for their body clock have higher levels of natural stimulants (adrenaline and cortisol) which keeps them in an overtired and wired state - **this will disrupt sleep cycles throughout the night and is particularly troublesome between 04:00 and 06:00!**
- ✓ **What's the ideal bedtime?** This will depend on your child's age, but generally speaking a bedtime anywhere between 6:00 pm and 7:30 pm is optimal for most children aged 0-10 years old
- ✓ **Why so early?:** Our bodies operate on a 24 hour cycle, and sleep within the hours of **6:00 pm and 10:00 pm is the more restorative than at any other time!** This is the phase of the night where your child will be in their deepest, most nourishing cycle of sleep, so we want to make sure they get as much of this sleep window as possible

BUSY SCHEDULES

Now an early bedtime of 6:00 pm isn't always realistic for a lot of busy families, so just focus on bedtime being as early as you can reasonably manage.

Window Coverings:

Whether you're looking for an attractive, permanent solution to black out your little ones room or a cheap and cheerful homemade alternative, these hacks have got you covered!

- 1. Sleepout Blackout Blinds** [🔗](#)

Sleepout have two fantastic options for blackout window coverings, both for travel and permanent home solutions and these bad boys are effective! Easy to use and can be installed in under one minute
- 2. Trim at home window covers** [🔗](#)

You can customize these window coverings at home and are a cheap, easy solution to darkening your little ones room
- 3. Curtain magnets** [🔗](#)

Sometimes you can have the best blackout curtains but they aren't flush against the window pane, so light creeps in around the side! These curtain pane magnets help bond the curtain panel to the window, eliminating light entering little ones room around the window pane
- 4. The Slumberpod - perfect for room sharing!** [🔗](#)

This absolute game changer is not only your best travel companion, but can be used at home for room sharing with your baby! The Slumberpod is perfect for providing your baby with a dark, private sleep space, eliminating the excitement of siblings close by or their most tempting room mate - you!

Use code JOLLYGOODSLEEP\$20 for \$20 off!
- 5. Cheap as chips**

If you've already blown your nursery budget, I've you covered! Grab the aluminum foil from the kitchen and painters tape from the garage! Quickly and easily cover the window pane for total blackout coverage. **Ugly? Absolutely. Effective? 100%!**

“Why is my child waking up brutally early?”

INTERACTION

Here’s why we call 04:00-06:00 am “the danger zone” for sleep. The sleep hormones that send us and keep us asleep are at an all time low at this time of night, but we very much still need to be asleep. Natural stimulants are ready to peak any time now, so any stimulation we provide at this time, be it with light or with physical interaction, we can inadvertently cause them to be wide awake, prevent little one going back to sleep and what’s worse? These early morning waking's can be hard wired into the body clock and **quickly**.

KEEP IT BORING:

- ✓ Think of tending to your child during the hours of 04:00-06:00 as a **need to visit, not a want to visit.**

Does your little one have a need?:

- They’re unwell
- They have a wet/soiled diaper

In these examples, tend to your little one asap with as little interaction and stimulation as you can get away with

- Keep overhead lights off and use red night lights if you need a light source to tend to them

NIGHT FEEDS:

- ✓ **Night feeds offered between 04:00 and - 06:00 am are usually the primary cause of early morning waking’s.** Once we introduce calories in the early morning, the body can program this into the circadian rhythm as **the time we seek food, break the overnight fast and start our day** - which we want to avoid as much as possible!

Why is my child waking up brutally early?

- **Is your little one 0-4 months?** Night feeds are still perfectly appropriate, and I recommend offering a feed whenever your baby shows hunger cues throughout the night
- **4 months plus** - Once your baby's metabolism and appetite have started to regulate and night feeds have naturally reduced, consider offering your go-to soothing method to help baby back to sleep, instead of offering a feeding between 04:00 and 06:00 am
- When choosing how to soothe your baby back to sleep remember, they are easily stimulated at this time of night! So for most babies, a more hands off, reduced interaction response is most appropriate.

There is a sweet spot between offering comfort and connection while still being conducive to long stretches of uninterrupted sleep and reversing these early morning wake ups, and this is where a customized sleep training method can be a life saver.

There are many underlying causes that can influence early morning wake up's, and a comprehensive assessment of your little one's sleep challenges alongside one on one customised sleep support can transform your early bird in a matter of days!

Still struggling? Let's talk Mama!

[CLICK HERE](#)



Early morning wake ups are rough, if you're still experiencing eye watering starts to the day after implementing all of these tips, let's arrange your free initial sleep consultation and get you one step closer to a Jolly Good Night's Sleep!