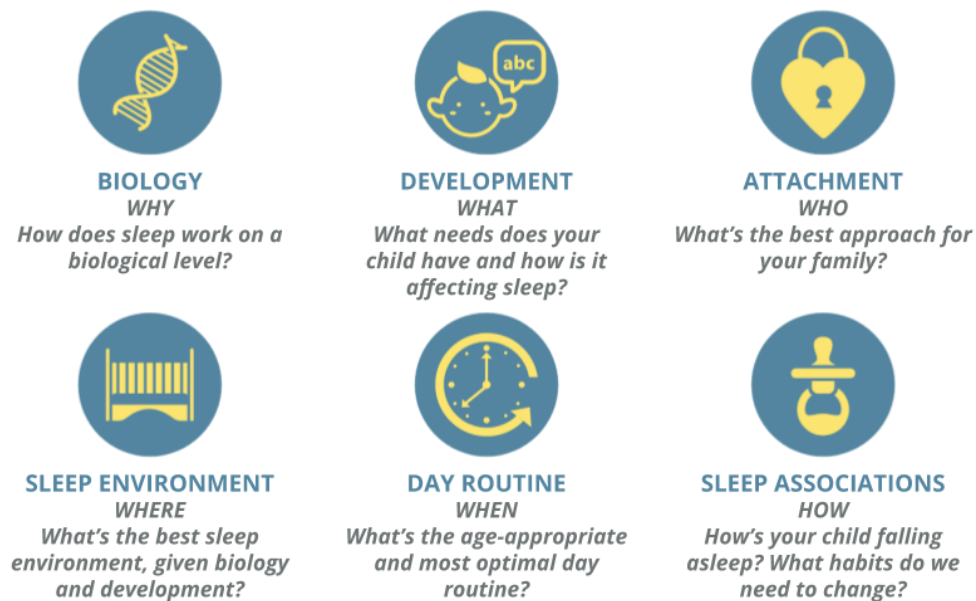# Module 1: INTRO

Lesson 2: Sweet Sleep System

Sleep is like a puzzle. You need all the pieces to put a puzzle together, right? Same thing with sleep - you need to consider all the aspects of sleep in order to get the results you're hoping for. The Sweet Sleep System is a framework that we developed to help bring all the aspects of sleep together for a holistic, most effective approach.

All the puzzle pieces described in the Sweet Sleep System (look at the graph below) are crucial to creating a good sleep plan. If any one aspect is left out, the changes you make to your child's sleep will most likely not work very well, or at all, or cause more tears than necessary.

BIOLOGY
WHY
How does sleep work on a biological level?

DEVELOPMENT
WHAT
What needs does your child have and how is it affecting sleep?

ATTACHMENT
WHO
What's the best approach for your family?

SLEEP ENVIRONMENT
WHERE
What's the best sleep environment, given biology and development?

DAY ROUTINE
WHEN
What's the age-appropriate and most optimal day routine?

SLEEP ASSOCIATIONS
HOW
How's your child falling asleep? What habits do we need to change?

We will use what we refer to as the **primary sleep factors** *(physiology, development and attachment)* to evaluate your child's sleep situation, and provide you with the knowledge you need to set realistic expectations and find an approach that fits your individual child. The **secondary sleep factors** *(sleep environment, day routine, sleep associations)* then build upon this strong foundation, and give you practical tools to help you create

the optimal situation so that your child can sleep the best they are able to for their age and developmental stage.

But before you dive into the course and start creating your child's sleep plan, pause and take stock of where your child is at right now. Mapping out your current sleep troubles will help ensure that you are addressing each one of them in your sleep plan. Here's a few of the most frequent sleep issues we see in coaching:

Frequent night waking is definitely the most common sleep problem that parents seek help with. We'll get more into this in the next few modules, but if your child is waking up every 1-3h all night long, there's definitely more sleep to be had. Additionally to multiple night wakings, your child may also have trouble falling back asleep in the middle of the night.

Catnapping aka short naps is another very common sleep issue. While normal during the newborn age, catnapping becomes an issue in older babies, because it leads to, and is caused by, over-tiredness. We want your child to get at least one long, 1.5-2h nap a day.

Trouble falling asleep may look like needing to be fed or rocked to sleep, taking a very long time to fall asleep (more than 20 minutes), or resisting bedtime or nap time altogether. This can be very frustrating for parents, but there are ways to get to a peaceful bedtime.

Early morning rising, usually defined as waking up before 6 am, may be one of the harder issues to solve, but it's definitely something you can work on. Many families we've helped have found that the child they had accepted as an early bird, would actually gladly sleep in once they had created good sleep habits.

As you work through this course, you'll find tips and techniques to work on all these issues and more. In the next lesson, I will walk you through how to successfully use this course to create your own personalized sleep plan.