



**My 5-month-old wakes up several times during the night and as a result, I am one sleep-deprived mama! How can I help her stay asleep through the night? Is there a way to ‘train’ her to sleep better and longer?**



To start, examine what your bedtime and naptime routines look like. You should have a different routine for naptime and bedtime, so your baby knows when she is expected to wake up and when she is expected to sleep through the night. However, each routine should be done exactly the same way from day to day.

I’d highly recommend having solid white noise (like how a fan would sound) in the room where your baby is sleeping. This noise mimics what your baby heard in utero, and it also gives you a sound barrier, allowing you to do normal household things after she goes to sleep without waking her up! Before you put your baby to bed, make sure she is full and don’t allow her to fall asleep while eating. If she starts to doze off, especially

during night feedings, rub her hands and feet to keep her awake while eating. If she falls asleep before she’s finished eating, she’s going to wake up repeatedly because she’s still hungry.

Now that your baby is 5 months old, some of her wake ups may be comfort-related, rather than food-related. If she’s expecting food every time she wakes up, you can alter this expectation by changing her diaper each time she wakes up, before offering her food. This will help her to associate waking up with getting her diaper changed, instead of eating. Most babies will choose to stay comfy and to wake up only when they’re truly hungry, cutting down on night-time wake ups significantly.

{ Lindsey Kruse is the owner of Denali Night Nannies, a company that offers overnight childcare, date night childcare, day nannying, and sleep coaching to parents of infants and toddlers. Visit [denalinightnannies.com](http://denalinightnannies.com). }

