



# *The Calm Baby* Sleep Starter Guide



The Gentle Mom Hub



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*A free guide from GentleMomHub.com*

## INTRODUCTION

## *Introduction: You Are Not Alone*

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It is 3am. The house is quiet except for the sound of your baby crying — and your own exhausted heartbeat. You have fed her, changed her, rocked her. She is still awake.

*You are not doing anything wrong.*

Newborn sleep is genuinely hard — not because you are failing, but because babies are not born knowing how to sleep. It is a learned skill. This guide gives you the five most important strategies to help your baby sleep better, starting tonight.

### BEFORE YOU BEGIN

Every baby is different. These strategies are backed by research and work for most families — but your baby is unique. Trust your instincts, and always consult your pediatrician if you have concerns about your baby's health.

## CHAPTER 1

# How Newborn Sleep Works

Before you can help your baby sleep better, it helps to understand what is happening in that tiny brain. Newborn sleep is fundamentally different from adult sleep.

## Two Types of Sleep

- ◆ **Active sleep (REM):** Your baby may twitch, make sounds, or flutter her eyelids. This is normal — do not try to settle her unless she is clearly distressed.
- ◆ **Quiet sleep (Non-REM):** Deep, still, restorative sleep. Breathing is slow and regular.

A full newborn sleep cycle lasts only 45 to 50 minutes — much shorter than adult cycles. This is why your baby wakes so frequently.

## How Much Sleep Does She Need?

Age	Total Sleep	Night Sleep	Naps
0–4 weeks	16–18 hrs	8–9 hrs	4–5 naps
1–2 months	15–17 hrs	8–10 hrs	3–5 naps
3 months	14–16 hrs	10–11 hrs	3–4 naps
4–5 months	13–15 hrs	10–11 hrs	3 naps
6 months	13–14 hrs	11–12 hrs	2–3 naps

### KEY INSIGHT

You cannot spoil a newborn. Responding quickly to her cries in the first three months builds the secure attachment that actually makes sleep easier later.

## CHAPTER 2

## *The Swaddle Method*

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A firm swaddle suppresses the Moro startle reflex that wakes babies as they move into lighter sleep. Done correctly, it can cut nighttime wake-ups in half.

### Step by Step

- ◆ **Step 1: Lay the blanket as a diamond** — rotated 45 degrees, top corner folded down 6 inches.
- ◆ **Step 2: Place your baby face-up** with her neck on the folded edge.
- ◆ **Step 3: Bring the left corner over**, tuck her right arm down, and secure under her left side.
- ◆ **Step 4: Fold the bottom up** over her feet — keep hips loose so they can move freely.
- ◆ **Step 5: Bring the right corner over** and tuck behind her left side. Two fingers should fit at the chest.

### Safety Rules

- ◆ **Always place her on her back** — never side or stomach.
- ◆ **Stop swaddling when she rolls** — typically 2 to 4 months.
- ◆ **Keep hips loose** — legs must be able to bend up and out freely.
- ◆ **Use thin muslin** — never a heavy blanket.

#### WHEN TO STOP

Watch for rolling signs or consistent breakouts. Transition to a sleep sack — the warmth and containment still help without the safety risk.

## CHAPTER 3

## *White Noise & Your Sleep Environment*

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The womb was loud — approximately as loud as a vacuum cleaner. Complete silence is actually foreign and unsettling to a newborn. The right environment can improve sleep dramatically.

### White Noise

- ◆ **Volume:** 65–70 decibels — the level of a running shower.
- ◆ **Placement:** At least 6–7 feet from your baby. Never inside the crib.
- ◆ **Type:** Steady white noise or pink noise. Not music or nature sounds.
- ◆ **Duration:** Run it for the entire sleep period — not just to fall asleep.

### Darkness & Temperature

- ◆ **Make the room as dark as possible** — blackout curtains make a big difference.
- ◆ **Keep temperature at 68–72°F (20–22°C)** — overheating is a safety risk.
- ◆ **Check temperature by feeling her neck or chest** — warm and dry, never hot or sweaty.

#### QUICK WIN

If you try only one thing tonight, turn on white noise at shower volume and make the room as dark as possible. Many families see an immediate improvement.

## CHAPTER 4

## Wake Windows — The Key to Better Sleep

A wake window is the amount of time your baby can comfortably stay awake between sleeps. This is the single most important concept for preventing overtiredness.

*An overtired baby is harder to put to sleep, not easier.*

When your baby is kept awake too long, cortisol makes it harder for her to settle and shortens her sleep once she finally goes down.

### Wake Windows by Age

Age	Wake Window	Sleep Cues to Watch
0–4 weeks	45–60 min	Glazed eyes, yawning, turning away
4–8 weeks	60–90 min	Yawning, eye rubbing, fussiness
2–3 months	75–90 min	Staring blankly, pulling ears
3–4 months	90–120 min	Yawning, clinginess, irritability
4–5 months	1.5–2 hrs	Eye rubbing, arching back
5–6 months	2–2.5 hrs	Quieting down, rubbing face

#### DROWSY BUT AWAKE

Place your baby down slightly awake — drowsy but not fully asleep. This teaches her to fall asleep independently, so she can go back to sleep on her own when she wakes between cycles at 2am.

## CHAPTER 5

## *Building a Simple Bedtime Routine*

A consistent bedtime routine signals that sleep is coming and allows your baby's nervous system to wind down. It can be as simple as 15 minutes.

### A Simple 3-Step Routine

Step	Activity	Duration	Purpose
1	Warm bath or washcloth	5-10 min	Temperature drop signals bedtime
2	Feed + gentle massage	10-15 min	Full tummy, calm body
3	Swaddle, white noise, hold	5 min	Final wind-down signal

After step 3, place your baby down drowsy but awake. If she fusses briefly, give her 1 to 2 minutes before responding — she may settle on her own.

#### THE SECRET

Consistency is everything. Same steps, same order, every night. After two weeks, you will see her start to wind down automatically.

## CHAPTER 6

## *The 4-Month Sleep Regression*

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Just when you thought things were improving — your baby stops sleeping. Naps shorten. Night wakings multiply. This is the 4-month sleep regression.

### What Is Happening

At around 3.5 to 4 months, your baby's sleep architecture permanently shifts to more complex, adult-like cycles. This is healthy brain development — but it means she now wakes more fully between cycles and does not yet know how to reconnect them.

### What Helps

- ◆ **Prioritize drowsy-but-awake** at every sleep — this is the most important change you can make right now.
- ◆ **Protect the environment** — darkness and white noise matter more than ever.
- ◆ **Watch wake windows carefully** — overtiredness makes the regression significantly worse.
- ◆ **Be patient.** This typically lasts 2 to 6 weeks. It will pass.

#### GOOD NEWS

The 4-month regression is the ideal time to begin gentle sleep coaching. Many families get through this in under 2 weeks with consistent, gentle support.

## INTRODUCTION

## *Final Note: You've Got This*

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*Parenting a newborn is the hardest thing most people will ever do. The sleep deprivation is real. The doubt is real. The love is real.*

Every strategy in this guide requires consistency and patience. Some will work immediately. Some will take a week. Some may not work for your particular baby — and that is okay.

What matters is that you keep showing up. You keep responding. You keep trying. That is what makes a great mother.

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Want to go deeper? The Complete Edition covers 11 full chapters including feeding and sleep, gentle sleep coaching, month-by-month schedules, and much more.

■ **Get the Complete Edition at [CalmBabySleep.net](https://CalmBabySleep.net) — just \$9**

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