

Overtired V. Undertired

Falls asleep very quickly or
takes longer to fall asleep
than normal, seems very
cranky in this time



Short nap 30 minutes
or less (4+ months)



Wakes
cranky



Shorten Wake time
by 15 minutes

Took longer to fall asleep
seemed happy in this
time



Short nap 35-50
minutes (4+ months)



Wakes
happy



Extend wake time
by 15 minutes

DISCLAIMER:

Always follow the advice of your Doctor or trusted Medical Professional

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Bedtime/Overnight

Overtired V. Undertired

Seems "wired" or
very cranky around
bedtime

Wakes shortly after
bedtime (usually 45
to 60 minutes or so)
with more wakings
overnight

Move bedtime earlier
by 15 minutes

Takes awhile to fall
asleep but is not
cranky in that time

"Happily plays or
talks" for a while
overnight during
waking's and/or at
bedtime

Move bedtime later
by 15 minutes

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