

# The Toddler Sleep Guide

As your toddler starts becoming more independent, it's tempting to think of him or her as "beyond babyhood", but keep in mind that your toddler still needs a lot of attention, a lot of cuddling, and a lot of sleep. If you regularly have to wake your toddler in the morning, it could be a sign that he or she isn't getting enough sleep.

## How much is enough?

Toddlers need between 12 and 14 hours of sleep in total – usually 11 to 12 hours at night and another one to three hours during the day.\*

## Changes to sleep patterns.

Your toddler's sleep patterns will change throughout the next year. For example, between one and two years, your toddler may give up his or her morning nap. And, although most toddlers will have learned to sleep through the night, change and stressful events (a trip, illness or new baby, for example) could cause temporary setbacks.\*

## Time for a toddler bed?

Some parents decide to switch from a crib to a toddler bed at the two-year mark, especially if they need the crib for a new baby. But switching your toddler to a bed at too early an age could be disruptive and cause a setback. You may want to wait until your toddler is almost three years old before switching to a "big kid" bed.\*

## Daycare and preschool can affect your toddler's sleep.

If your toddler has just started daycare or preschool, his or her naptime may be shifted to accommodate the needs of the entire group of children. And because your toddler will need to get up at a set time each morning, it's especially important to ensure that he or she is getting enough sleep at night.\*

## New Resource for Sleepy Babies (and Parents)



Get personalized advice on helping your baby get a better night's sleep with the Customized Sleep Profile from JOHNSON'S®, a resource designed by world-renowned sleep experts Dr. Jodi Mindell and Dr. Avi Sadeh. You can also view a Q & A video with Dr. Mindell, watch instructional videos for bathing and massage, download lullabies, and more. Visit [Johnsonsbaby.com/sleep](http://Johnsonsbaby.com/sleep) to discover a better night's sleep for all.

# The Toddler Sleep Guide

## Create a sleepy time routine.

If you haven't already, now's the time to create a sleepy time routine that will help your toddler fall asleep on his or her own. If you follow the same pattern every evening, your child will feel more relaxed in knowing what's coming next. And try to keep regular naptimes for your toddler. Restricting naps won't help your toddler sleep better at night.\*

## Ideas for a successful nighttime routine.

Keep it short and sweet – 20 to 45 minutes tops. Taking two hours to get ready for bed is not a nighttime routine, it's an evening activity! Keep your toddler's bedroom dark, cool, and quiet. A night-light is fine; a television isn't. Likewise, during the day, allow time for your toddler to wind down before naptime. Your toddler's routine should include **three main steps**:



A warm bath .....



A soothing massage .....



& quiet time

Your nighttime routine can also include changing into pajamas, reading books together, sharing a song, or whatever works best for you and your toddler.



Our new products, enriched with NATURALCALM™ essences, a unique blend of gentle ingredients and soothing aromas, can help your baby sleep better when used as part of a regular nightly routine. JOHNSON'S® is the first and only brand that's clinically proven to help babies fall asleep easier and sleep through the night better. To learn more about our products, visit [JohnsonsBaby.com/sleep](http://JohnsonsBaby.com/sleep)

## Save the best for last.

The last thing in your child's routine should be his or her favorite. Save snuggle time, reading stories, or playing a special game for last. This will encourage your child to head right to bed. To learn more about creating a nighttime routine that will help your toddler sleep better, visit [JohnsonsBaby.com/sleep](http://JohnsonsBaby.com/sleep).\*

\*Adapted from *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* by Dr. Jodi Mindell and from an article by the baby care experts at JOHNSON'S®