



Mechi Nazar
Family & Sleep Coach

Baby's sleep cues.

Those subtle signs they give to indicate they are tired and need to sleep.

Baby's sleep cues

It is crucial to recognize and respond to your baby's sleep cues—those subtle signs they give to indicate they are tired and need rest.

Common cues include eye rubbing, yawning, fussiness, or a glazed expression.

By paying attention to these signals and putting your baby to sleep promptly, you can help them fall asleep more easily and establish a consistent sleep routine.

Ignoring these cues or delaying bedtime/nap time, can lead to overtiredness, making it more difficult for your baby to settle and fall asleep.

As I always said: look at the time and also to your baby's sleep cues.

Below is an age-appropriate list of common sleep cues for each stage of your baby's development.

Newborns up to three months

There are a few sleep signs apart from yawning:

- Fussiness
- Eye rubbing
- Staring into space
- Pulling their ears
- Turn away from people and objects

Babies ages three months to a year

- Yawning (if your baby yawns more than three times, it's definitely time for a nap!)
- Eye rubbing, staring, and blinking
- Pulling their ears
- Increased fussiness
- Decreased activity
- Reduced smiling and babbling
- Sucking fingers or turning their head side to side
- Avoiding eye contact

Toddlers aged 12 months and over

- Grumpiness
- Being highly active
- Clinginess
- Whining
- Loses interest in toys and play
- Being fussy with food
- Clumsiness

Recognizing sleep cues is a great way to map your baby's ideal nap schedule, so it's important to try and catch the cues when you can. If you miss your baby's sleep cues it's likely the baby will become overtired and won't be able to fall asleep as easily.

Don't worry! With practice you will know when it's time for your baby to sleep.



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Do you and your family need help getting
the sleep you all deserve?

Just contact me!

Mechi Nazar

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FAMILY AND SLEEP COACH

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