



Mechi Nazar
Family & Sleep Coach

Is Your Baby an Early Riser or Waking Up Too
Early?

There's a big difference between having an early riser and a baby who's waking too early.

While it might seem the same at first, it's important to make this distinction.

An early riser wakes up at or after 6:00 AM, happy and well-rested, ready to start the day. These babies had restorative sleep, which shows in their mood and energy throughout the morning.

They simply wake up early, and there's usually a genetic link—one of the parents is likely a morning person too. Unfortunately, there's not much we can do to change that natural rhythm.

But then there are babies who wake too early—before 6:00 AM.

These little ones usually wake up cranky, crying, and clearly still tired. Even though they can't fall back asleep, it's obvious they haven't gotten enough rest.

This isn't just an early start to the day—we consider these wake-ups to be like any other night waking.

Waking at 4 or 5 AM isn't the same as waking at 6 or 6:30 AM. It's not true morning yet, and when a baby consistently wakes too early, it affects the quality of their sleep and their naps the following day. And as we know: poor naps lead to poor nights, and the cycle continues.

So let's get to the root of the problem—

Why is your baby waking too early?

Here are some of the most common causes:

- Bedtime is too late
- Not enough daytime sleep (nap deprivation)
- Too much time between the last nap and bedtime
- Baby is put to bed already too drowsy or asleep

Early wakings can be tough to fix—but they're not impossible, especially when we address what's really causing them.

Here are my top tips to help eliminate early wake-ups:

1. Put your child to bed more awake at night
2. Make sure naps are good quality and age-appropriate
3. Try an earlier bedtime
4. Check that wake windows are right for their age
5. Learn to spot their sleepy cues during the day

Try these changes consistently for at least 2 weeks and watch for signs of improvement. Small shifts can lead to big results—but they take time.

Still struggling after that? Don't worry—I'm here to help! Send me a message and let's work together to get your baby sleeping longer—and your mornings back. You don't have to do this alone.



Mechi Nazar
Family & Sleep Coach

Does your family need help getting the
sleep you all deserve?

Just contact me!

Mechi Nazar

BS CLINICAL PSYCHOLOGY
FAMILY AND SLEEP COACH

✉ **Mail:** mehicoaching@gmail.com

🌐 **Web:** www.mehicoaching.com

📷 **IG:** @mehicoaching



Gentle Sleep Coach[®]
Trained and Certified by The Sleep Lady[®]