



ELIMINATING

Night Wakings, Night Feeds and Extending Short Naps

With two toddler boys, Jordan and Melissa were experienced in all methods of self-taught sleep training by the time they welcomed their third son, Grayson. As a nurse who worked night shifts, Melissa wanted her first son to be sleeping better by the time she returned to work, and the couple successfully applied the “cry it out” method.

With their second son, they switched to a responsive approach to combat possible attachment disorders. “I was very responsive...until I was losing my brain,” says Melissa. “Then, around 9 months, I tried cry it out with him. It was horrible.” With Grayson, Jordan and Melissa resolved to do something sooner than 9 months.

BECOMING PROACTIVE ABOUT SLEEP

As the founder of *Owlet*, a smart sock baby monitor, Jordan is exposed to baby research on the job daily and shares relevant knowledge with Melissa. “Because my husband is in the world of baby care, he learned through research that 16 weeks is the best time to begin sleep training your newborn,” says Melissa.

“Having done the research and heard the stories and results, which all came down to consistency, it made the decision to work with a sleep training consultant easy.”

— **JORDAN MONROE**, CO-FOUNDER, OWLET CARE

The couple reached out to Dream Baby Sleep® and booked the 2 week A to Zzz Sleep Program for Grayson.

At the time, Grayson’s biggest sleep pain points included:

- **Multiple night wakings.** Grayson would wake up an average of 3 to 5 times a night. “I was exhausted and he was waking up five times a night, no matter how attentive I was to his needs,” says Melissa.
- **Inconsistent nap schedule.** Grayson’s nap schedule often coincided with errands. “I didn’t have a nap schedule,” says Melissa. “We often napped on the go while going grocery shopping or at the museum or dropping his brothers off at preschool.”

- **Fussy baby.** As a newborn, Grayson had reflux and gas, which made him fussier.
- **Night feedings.** Grayson would night feed 2 to 3 times, and every time Melissa would nurse him back to sleep.

GRAYSON'S RESULTS

Dream Baby Sleep® After discussing Grayson's sleep pain points with their Dream Baby Sleep® consultant, Melissa and Jordan received a custom plan designed to help Grayson get on a better sleep schedule during the day and reduce night wakings.

By the end of the program, Grayson went from waking 3 to 5 times a night to sleeping through the night for an average of 13 hours. This improved Melissa's ability to get uninterrupted, restorative sleep as well. "Now I average nine hours of uninterrupted sleep a night," says Melissa.

Before:

- **3-5 wakes per night**
- **No nap schedule**
- **Mom's sleep per night: 3 to 6 hours**

After Dream Baby Sleep®:

- **Sleeps through the night**
- **2 regular naps per day**
- **No more night feeds**
- **Mom's sleep per night: 9 hours**

"Grayson sleeps an average of 13 hours consistently through the night. He also gets 2 really good naps during the day. Every day is very consistent."

MELISSA

A REGULAR NAP SCHEDULE

Grayson successfully adapted to a regular nap schedule, where he averages 5 hours of sleep over the course of 2 to 3 naps per day.

NO MORE NIGHT FEEDS

Improving Grayson's overall sleep with their consultant in turn improved night feedings. By the end of the program, Grayson was able to successfully drop night feeds. "It took one night toward the end of sleep training - and he was off night feeding," says Melissa.

PREDICTABILITY LEADS TO HAPPINESS

For Melissa, knowing when Grayson will be sleeping frees up her schedules and provides peace of mind. "The predictability allows me to feel calm. I can schedule my groceries and play dates, and date nights," says Melissa.

"I also feel Grayson's demeanor has been happier," adds Melissa. "It allows me to feel that I can spend more time with my kids throughout the day."

"From the time your baby is born, you love those first stages, but you are longing to get back to normal. To speed up that process and get your life back is invaluable."

JORDAN MONROE, CO-FOUNDER, OWLET CARE

Learn how Dream Baby Sleep® can help improve night waking, reduce night feeds, and lengthen short naps - schedule a free 15-minute consultation at dreambabysleep.com/scheduler.