

Sleep Optimization Guide

Evidence-based strategies for exhausted parents

The Science of Postpartum Sleep

Sleep deprivation affects every aspect of your wellbeing—from mood regulation to physical recovery. While perfect sleep may be impossible with a newborn, these evidence-based strategies can maximize the rest you do get.

"Prioritizing sleep isn't selfish—it's essential for your ability to care for your baby and maintain your mental health."

— Dr. Shelby Harris, Sleep Medicine Specialist

The Golden Rules of Parent Sleep

Maximize your sleep quality when you can rest:

1. **Sleep when baby sleeps** - Yes, really. Dishes can wait.
2. **Create a sleep sanctuary** - Dark, cool (65-68°F), and quiet
3. **Limit screens before bed** - Blue light suppresses melatonin
4. **Share night duties** - Take shifts so each parent gets a 4-hour block
5. **Nap strategically** - 20-minute power naps or 90-minute full cycles

The 3-2-1 Sleep Protocol

| Time Before Bed | Action | Why It Works |
|-----------------|------------------------------|---------------------------------|
| 3 hours | No more large meals | Digestion interferes with sleep |
| 2 hours | No more work/stressful tasks | Allows cortisol to decrease |
| 1 hour | No more screens | Reduces blue light exposure |



Quick Sleep Hack

Try the 4-7-8 breathing technique: Inhale for 4, hold for 7, exhale for 8. This activates your parasympathetic nervous system for faster sleep onset.

BLOOM

GROWTH STUDIO

Shift Schedule Template

Divide the night to ensure both parents get at least one 4-hour stretch:

Sample Schedule:

- **9 PM - 2 AM:** Parent A on duty, Parent B sleeps
- **2 AM - 7 AM:** Parent B on duty, Parent A sleeps
- **Weekends:** Alternate who gets to sleep in

Safe Co-Sleeping Guidelines



If You Choose to Co-Sleep

Follow the Safe Sleep Seven: No smoking, sober parents, breastfeeding, healthy baby, on firm surface, no gaps, no covers near baby.

Natural Sleep Aids

Safe While Breastfeeding:

- **Magnesium glycinate:** 200-400mg before bed
- **Chamomile tea:** 1-2 cups in evening
- **Melatonin:** 0.5-3mg (consult doctor first)
- **White noise:** Consistent sound masking

Sleep Tracker

Track your sleep patterns to identify what helps:

| Date | Bedtime | Wake Time | Quality (1-10) | Notes |
|-------|---------|-----------|----------------|-------|
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |

"Sleep is not a luxury—it's a biological necessity. Protect it like you would protect your baby."