



Sleep Solutions for Toddlers and Preschoolers

Takeaways

- Nighttime arousals are normal, and sleep cycles are only ~60 minutes for young children
- Sleep problems common in young children, in part due to normal development
- Bedtime routines essential for all children, with bedtime charts helping you set limits
- Bedtime battles can result from long/poorly timed naps, and/or a bedtime that is not aligned with your child's sleep onset time
- Choose the strategy to help your child fall asleep independently that makes the most sense for your child and family

