



SOPHIA'S SLEEP SCHOOL
F O R S L E E P Y H U M A N S

A FREE 60-SECOND SLEEP ASSESSMENT

Decode Your Baby's Night

3 quick questions. One clear pattern. A real fix, backed by sleep science.

Pick whichever answer sounds most like your baby right now, no wrong answers.

QUESTION 1

How does bedtime usually go?

- A** Meltdowns. Overtired, can't settle.
- B** Falls asleep fine, long wake later.
- C** Only settles if fed, rocked, or held.
- D** Falls asleep fine, room's cold or unsure.

QUESTION 2

What do the night wakes look like?

- A** Every 45 min to an hour, early on.
- B** One long wake, middle of the night.
- C** Needs feeding or rocking to resettle.
- D** Wakes early, between 2 and 6am.

QUESTION 3

What are naps like?

- A** Short, 30 to 45 minutes.
- B** Naps are fine, bedtime's just early.
- C** Only sleeps held, fed, or moving.
- D** Naps are fine, mornings are the issue.

BONUS

Anything change recently, illness, travel, a new skill?

- Y** Yes, something changed.
- N** No, been like this a while.

Whichever letter came up most is your baby's primary sleep pattern:

A The overtired cycle

Short naps + early wakes = too much sleep pressure released too soon.

Fix: protect the middle nap, not a stricter bedtime.

B The undertired split night

One long wake mid-night = bedtime came before enough sleep pressure built up.

Fix: shift the timing, not the settling method.

C The sleep association loop

Whatever gets baby to sleep becomes what's needed at every wake.

Fix: teach a new, gentle sleep association.

D The environment factor

Body temp drops overnight, early wakes often trace back to the room.

Fix: check the temperature and light in there.

Sleep isn't luck. It's biology.

Sleep training is only about **30%** of the fix. The other **70%** is the day itself: naps, environment, feeding, rhythm. Know your pattern? Let's fix the whole picture together.

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