

**Ino Soma**

**Healthy sleep habits, happy  
child**

This ebook was published on [www.bookelis.com](http://www.bookelis.com)

© ino sama, 2023

All rights of reproduction, adaptation and translation, in whole or in part, reserved for all countries.

The author is the sole copyright owner and responsible for the content of this ebook.

# CONTENTS

---

---

<b>Introduction.....</b>	<b>4</b>
<b>Signs and signals of waiting for sleep.....</b>	<b>6</b>
<b>SIGNS OF FATIGUE.....</b>	<b>7</b>
<b>Why sleep is important for children.....</b>	<b>8</b>
<b>Sleep conditions.....</b>	<b>12</b>
<b>How much sleep do children need.....</b>	<b>17</b>
How much does a child from 0 to 1 year old sleep?.....	20
How much does a 1 to 4 year old baby sleep?.....	21
<b>what time should children go to bed.....</b>	<b>28</b>
<b>How to help your child fall asleep.....</b>	<b>28</b>
<b>How to teach a child to sleep in his crib?.....</b>	<b>31</b>
"Verification and exposure" .....	33
"Progressive reimbursement" .....	35
Spawning Rituals.....	38
<b>What are the rituals for falling asleep?.....</b>	<b>40</b>

# Introduction

Sleep is a vital condition that repeats cyclically every day and thanks to which the body completely rests and recovers the spent energy. Healthy sleep is important not only for adults, but also for toddlers. In newborns, healthy sleep seems to happen very easily and naturally. They fall asleep and sleep effortlessly. However, during the first weeks and months of life, as the brain develops, sleep patterns also change and develop.

Sleep, if correct and complete, affects physical activity throughout the day, mood, attention and the intellectual component, especially memory and