

The 5 Most Common Sleep Regression Mistakes

(And How to Fix Them Tonight)

You're exhausted. Your toddler won't sleep. You've probably tried everything—and accidentally made things worse. Here are the 5 biggest mistakes parents make during sleep regressions, and exactly what to do instead—**starting tonight**.

✗ MISTAKE #1: Being Inconsistent — *Changing your response every night teaches your toddler to keep testing.*

✓ **FIX:** Pick **ONE** response and commit to it for at least 3 nights. Consistency beats method choice.

✗ MISTAKE #2: Creating New Sleep Crutches — *Introducing rocking, bed-sharing, or staying until asleep creates new dependencies.*

✓ **FIX:** Use 'gradual retreat'—sit by the bed, then move 1 foot further away each night.

✗ MISTAKE #3: Skipping Connection Before Separation — *Rushing to bed without filling their 'connection cup' causes bedtime battles.*

✓ **FIX:** Add 10 min of 'Special Time' before routine—child-led, phone-free, fully present.

✗ MISTAKE #4: Wrong Timing (Overtired OR Undertired) — *Both cause the same symptoms: fighting sleep, night waking, early rising.*

✓ **FIX:** When in doubt, try 30 min **EARLIER** bedtime for 3 nights. Overtiredness is more common.

✗ MISTAKE #5: Responding to Every Sound — *Rushing in at every cry prevents self-soothing skills from developing.*

✓ **FIX:** Pause 2-3 min before responding. Many protests self-resolve. Keep visits brief and boring.

BONUS: Tonight's Checklist + Quick Reference

- Choose ONE consistent response for night wakings (stick to it 3+ nights)
- Pause 2-3 minutes before responding to sounds
- Add 10 min of 'Special Time' before routine (child-led, phone-free)
- Set bedtime 30 minutes earlier than usual
- No NEW sleep crutches tonight (no rocking to sleep, no bed-sharing)

Quick Reference: Sleep Needs by Age

Age	Wake Window	Naps	Night Sleep	Total
18 months	4.5-5.5 hrs	1 nap (2-3 hrs)	11-12 hrs	13-14 hrs
2 years	5-6 hrs	1 nap (1.5-2.5 hrs)	11-12 hrs	12-14 hrs
3 years	5-6 hrs	0-1 nap	10-12 hrs	11-13 hrs

Want the Complete Solution? The DREAM Method:

Decode your toddler's challenge → Reset your routine → Emotionally Connect → Adapt to changes
→ Master healthy sleep habits

GET THE COMPLETE EBOOK GUIDES

Age-specific solutions for 18-month, 2-year, and 3-year regressions
www.thesleepregressionsolution.com

"By night 4, my daughter slept through the night for the first time EVER." — Sarah K., mum of a 2-year-old

Marli Benjamin is a mum of two who survived sleep regressions twice and created The Sleep Regression Solution to help exhausted parents get their nights back. © 2025 The Sleep Regression Solution | www.thesleepregressionsolution.com |
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