

6 Month Sleep Regression | What Are Its Causes And How to Cope



A sleep regression may be the cause of a sudden change in your 6-month-old baby's sleeping habits. [6-month sleep regressions](#) are prevalent in babies and are characterized by a change in their sleeping habits, such as waking up more frequently than before or having trouble with bedtime and naptime. They are frequently brought on by routine changes, illnesses, or developmental milestones. By continuously implementing a restful nighttime routine and attempting sleep training, you can get your kid back on track.

Causes of 6-Month Sleep Regression

Your infant is likely going through a 6-month sleep regression if their sleep pattern has suddenly altered for the worse. Here are some of the most typical reasons for this difficult yet transient stage in your child's life.

Development Leap:

Your baby is achieving several significant milestones at six months. These changes may interfere with their ability to sleep because this is a critical period for their physical and mental development. They might be kept awake by trying out new abilities like sitting up and getting ready to crawl.

Changing Sleep Patterns:

Only REM (rapid eye movement) and non-REM sleep stages are present in newborns. As your child grows older, their sleep pattern begins to resemble that of an adult, consisting of four stages. This is usually the reason why babies begin to sleep for longer periods, but going through these various stages repeatedly can also lead them to wake up and have trouble falling back asleep as they adjust to the new routine.

Discomfort And Sickness:

Teething, which typically begins around 6 months of age, is a very significant shift for a newborn. They can have nighttime discomfort from their teeth erupting. Your baby's sleep schedule could also be affected by anything like a cold. Your infant may wake up in the middle of the night in search of comfort if they aren't feeling well or they may have problems falling asleep.

Alterations to Routine:

Your baby's sleep patterns might be disturbed by disruptions to their routine, such as travel or skipping a few naps. They may experience [sleep](#)

[regression age](#) as a result, which makes it challenging for them to resume their regular sleeping patterns.

Hunger:

Several things are going on throughout the day that could keep your baby from eating enough, even though they are probably getting enough calories to sleep through the night. Your baby can be too busy to eat if they are newly mobile and more aware of their surroundings. Even though your baby may now be eating some solid meals as well, make sure they are still getting enough breast milk and formula.

How to Cope With 6-Month Sleep Regression

Create a Routine:

To ensure that your baby sleeps soundly both during the day and at night, it's crucial to establish a predictable schedule for mealtimes and bedtimes. You may assist your child in overcoming their **6-month sleep regression** by being patient, and consistent, and helping them develop a routine.

Try Sleep Training:

The objective is to teach your child how to comfort themselves to fall asleep when they awaken in the middle of the night. Sleep training may be useful if you frequently have to reassure your infant during the night or if it takes a long time to get them to nod off at bedtime. Sleep training can begin as early as 4 months, but 6 months is also a great time to begin. Cry it out, fading, gentle, and the Ferber approach are a few techniques to explore.

Take a Nightly Feeding Break:

Babies can go through the night without eating when they are around 6 months old because they obtain enough calories during the day. But, if they are accustomed to rising early to eat at night, they may continue to do so out of habit. Breaking that pattern now is a smart idea; try weaning them over around two weeks.