



Signs Of An Overtired Baby And Tips To Help Them Sleep

Overtired Baby Signs



They sleep less than other babies of their age.

They are light sleepers and take fewer and shorter naps.



They refuse to feed.

They are constantly irritated.



Ways To Make Them Sleep



Try holding, rocking, or swaddling them.

Play white noise in the background, soft, soothing music, or sing a lullaby.



Dim the lights and avoid eye contact.

Give them a peaceful time by restricting loud noises from the TV or people.

