

# OVERTIRED CHECKLIST

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## Symptoms of Overtiredness

- Frequent fussiness
  - Sleeps very little during the day and has short naps
  - Fights going to sleep
  - Gets progressively fussier as the day goes on
  - Gets startled easily by things in its environment that bring it to tears
  - Frequently falls asleep at the breast, in the stroller or the car seat (after the first few months in which case this is very normal)
  - Finds getting to sleep difficult and wakes easily
  - Acts ready for bed at 5:30 or 6:00 pm
  - Wakes near midnight crying in an inconsolable manner
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## How to Prevent Overtiredness

- Keep a good routine
- Avoid any screen time at least 1 hour before bed
- Have good wind down routines
- Move up nap time or bedtime
- Protect their sleep

