



SLEEP ASSOCIATIONS



A sleep association is something a person relies on to fall asleep. For many adults, this might be a duvet, a pillow, or a particular sleep environment. For children, it may involve an adult being present (such as patting, rocking, or singing), or activities like watching TV until they fall asleep.

Waking during the night is normal. However, if the sleep association is no longer present, it can make it more difficult to return to sleep independently, and support may be needed to settle again.

Do I need to change the sleep association?

- Only if you want to. If your current situation feels manageable and sustainable, there is no need to remove a sleep association
- However, many families seek support when their current sleep setup is no longer working for them and they would like their child to develop more independent sleep.

How do I do it?

- You can gradually reduce reliance on sleep associations to encourage more independent sleep.
- There are a range of approaches to achieve this, depending on your long-term goals and the pace at which you would like to make changes.

