

Is My Child Overtired?

A Parent Cheat Sheet

Many bedtime battles start long before bedtime.

Use this quick guide to work out whether your child may be overtired, or simply not ready for sleep yet.

Print it out and put it on your fridge!



Signs Your Child May Be Overtired

- Falls asleep in the car within minutes
- Hyperactive or 'wired' before bed
- Frequent night wakings
- Short naps
- Early morning waking
- Cries over small frustrations
- Takes a long time to settle

Signs They May Not Be Tired Enough

- Happy and energetic at bedtime
- Plays instead of settling
- Chats or sings for a long time
- Consistently takes over 30 minutes to fall asleep
- Wakes happy after a short nap

What You Can Try Tonight

- Keep bedtime calm and predictable.
- Dim lights 30–60 minutes before bed.
- Avoid pushing bedtime later if your child seems 'wired.'
- Aim for consistent wake-up and nap times.

Remember: Every child is different. One difficult night doesn't always mean your schedule needs changing. Look for patterns over several days.

Need personalized sleep support? Visit [sweetdreamzbaby.com](https://www.sweetdreamzbaby.com)



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