

# The daycare sleep guide

*Keep nights stable when daycare naps are chaos.*

A FREE GUIDE FROM  
BABY SLEEPING COACH

***A note before we start.** This guide is for general education only. It is not medical advice. If your child has any medical condition, suspected condition, or symptom that concerns you, please consult a qualified paediatrician before making any change based on this guide. See the full medical disclaimer at [babysleepingcoach.com/terms](https://babysleepingcoach.com/terms).*

## Why daycare naps are different

Daycare naps are shorter, noisier, and less consistent than home naps. This is not a flaw in the daycare. It is the nature of group care. Your job at home is to absorb the daycare reality, not to fight it.

## How to adjust at home

- Move bedtime earlier on daycare days. 30 to 45 minutes earlier is normal.
- Plan for an earlier morning routine. Sleep deprivation accumulates over the week.
- Allow a longer weekend morning lie-in (one day, not both) to catch up.
- Stop trying to fix the daycare nap. Focus on the night sleep.

## The Friday-to-Sunday reset

Most daycare-going families see the same pattern: Monday is rough, Tuesday is bumpy, by Thursday everyone has adjusted, then the weekend changes the schedule and Monday is rough again. The Friday-to-Sunday reset breaks the cycle.

- **Friday.** Earlier bedtime, no later than 6:30pm. Recovery sleep.
- **Saturday.** One slightly later morning if you want it, then a normal day. Bedtime 7pm.
- **Sunday.** Back on the full daycare-day schedule. Bedtime 6:45pm.

## What to share with your daycare carer

- Your baby's name and age, in days.
- Your home wake windows (one printed line).
- Any specific sleep cues that matter (the lullaby, the comfort object).
- Your home bedtime routine (so they can match the wind-down).
- What to do if your baby refuses the cot at daycare (their answer should match yours).

## What to let go

- Exactly how long the daycare nap is. You cannot control this.
- Where the nap happens (cot vs. mat vs. carer's lap). Different from home is fine.
- Whether other babies are noisy during the nap. They will be.

## Quick script for talking to your daycare

*'At home we do a 30-minute bedtime routine ending with a lullaby and lights out at 7pm. If [baby's name] is struggling to settle during nap, the lullaby and a hand on the back usually works. We are happy with whatever nap structure works for your room. Could you let us know if naps are unusually short on any day so we can adjust bedtime at home?'*

### **Want a plan built for your child, not for the internet?**

The full Sleep Reset program includes a 90-minute private consult, a 6-page personalised plan, and 2 weeks of text and iMessage support. Book your free 15 min discovery call at [babysleepingcoach.com](https://babysleepingcoach.com)