

What is overtiredness?



01

Overtiredness is a state where your child has missed his or her sleep window which results in a rush of cortisol and adrenaline {your stress & 'get up and go' hormones}. Essentially their bodies misinterpret what is happening; the hormones are telling the body that they need to be "on alert" – if they couldn't get sleep when their bodies needed it, something must be **WRONG**.

What overtiredness looks like.



02

Due to this rush of adrenaline and cortisol, your child may display signs of hyperactivity, dysregulation, inability to cope with what is happening around them, or a quick flux between emotions. It has often been described as a “second wind” for children.

The enemy of sleep.



03

Overtiredness is the enemy of sleep. It can lead to a deadly circle of despair: lack of sleep produces more lack of sleep which leads to... you guessed it... additional lack of sleep. Woof. So even if your child IS TIRED, the hormones coursing through their systems make it incredibly difficult to fall and stay asleep.

Overtiredness can add up.



04

When a child has residual overtiredness (from short naps or a bad night of sleep), it can linger in their systems. When their bodies release healthy amounts of cortisol and adrenaline during their days, it can compound with the existing levels, leaving your child feeling irritable all day.

Where do we usually see overtiredness?



05

Overtiredness can shows up as:

1. Short Naps
2. Early Morning Wakings (usually between 4-5am)
3. Multiple Night Wakings
4. Considerable amounts of protest before sleep
5. Dysregulation during awake times

How to curb overtiredness.



06

- Offer naps earlier
- Offer an earlier bedtime
- Assist baby with naps when already in an overtired state
- Shorten awake times if baby is exposed to increased amount of stimuli that might exhaust them quicker.