

A FREE PREVIEW · 6 PAGES

Berni's Notes

THE SLEEP EDITION · VOL. 01

# *A Peek* Inside.

The opening chapter of *The Newborn Sleep Survival Guide* — so you know exactly what you're getting before you buy. No fluff. No watered-down version. Just the real first chapter.

FREE · TAKE IT WITH YOU

SAMPLE BY

*Bernice Holden*



BEFORE YOU FLIP THE PAGE...

# Hi, I'm *Berni*.

*I wrote this guide after six months of trying to make sense of newborn sleep. I'm not a doctor, a sleep consultant, or a certified anything. I'm just a mom who read too much, tested a lot, and finally figured out what actually mattered.*

## *what this sample is*

The full Chapter 1 from the guide — the foundation everything else is built on. I wanted you to see the real voice, the real depth, and the real layout before you decide if this is for you. If it feels like a helpful friend? The rest of the book feels exactly like this.

## *what it isn't*

*A summary. A teaser reel. A stripped-down workbook. I didn't want to waste your time with something fake. You're holding the first chapter, as it appears in the finished guide, one for one.*

*If you've ever cried at 3 a.m. thinking you were doing something wrong — this chapter is going to feel like someone finally telling you the truth. Keep going.*

*love,  
Berni*

# The whole *contents* list.

*So you know exactly what you'd be getting. Thirty-two pages. Five parts. Four printable trackers you'll actually use at 2 a.m. Chapter 1 — the part you're about to read — is just the opener.*

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You are previewing **page 09 — Chapter 1 — in full**. The faded items above live in the paid guide.

# Why newborn sleep is *so weird* (and it's not your fault)

*Before you can fix anything, you need to know what you're working with. Newborns don't sleep like us. They physically can't. Here's what's actually going on.*

## They don't have a body clock yet.

Adults sleep in one long block because we have something called a **circadian rhythm** — an internal 24-hour clock that's synced to light, temperature, and cortisol. Newborns are not born with one. It starts developing around 6–8 weeks and isn't fully online until about 3–6 months. Until then, your baby literally cannot tell the difference between 2 p.m. and 2 a.m. They're not being difficult. They don't have the wiring yet.

## Their sleep cycles are short — and they wake a lot.

An adult sleep cycle is about 90 minutes. A newborn's is about **45–50 minutes**, and it ends with a brief waking between cycles. When we connect our cycles without realizing it, they often can't — yet. That's why they fall asleep in your arms and wake up 20 minutes after you put them down. You didn't do anything wrong. They just hit the end of a cycle and couldn't bridge to the next one.

### *from me*

When I learned this at week 9, something in my chest loosened. The 45-minute nap wasn't a failure. It wasn't a sign I'd wrecked her sleep by holding her too long. It was her brain doing exactly what newborn brains do. Knowing that changed how I responded to her, which changed how she slept. Truly.

## They need more sleep than you think.

A newborn needs **14–17 hours of sleep in 24 hours**, and most of them can only stay awake for 45–90 minutes before they need to go back down. If they're up too long, a stress hormone called cortisol floods in — making it harder to fall asleep and stay asleep. The tired-to-overtired gap is shockingly narrow in the first three months.

## Day–night confusion is real (and normal).

In the womb, your baby slept while you walked around and woke up when you lay down at night. That rhythm doesn't flip on the day they're born — it has to be taught. Lots of bright daylight and normal household noise during the day, and darkness + quiet at night, is how you slowly help their brain figure out which is which. You'll usually see the shift by weeks 6–10.

## "Drowsy but awake" is a trap for most newborns.

You've probably read this phrase a hundred times. Here's the honest truth: in the first eight to twelve weeks, a lot of babies cannot fall asleep from "drowsy but awake." Their nervous systems aren't mature enough. Feeding, rocking, babywearing, and contact naps are not bad habits at this stage — they're appropriate. Independent sleep becomes possible later, and you don't ruin anything by helping them sleep however works now.

*the one thing to remember*

*Newborn sleep isn't broken. It's immature. Your job isn't to fix it — it's to support it while their brain catches up. Everything in this guide flows from that.*

## What "good sleep" actually looks like in the first year.

Forget the viral posts of 12-hour sleepers at eight weeks. That's not the norm — that's a unicorn. Here's what's typical, if totally variable:

- ♦ **0–3 months:** 14–17 hrs / 24 hrs. Sleeps in 2–4 hour blocks. Wakes to feed, often every 2–3 hrs.
- ♦ **3–6 months:** 12–15 hrs / 24 hrs. Nights start consolidating into 5–8 hour stretches.
- ♦ **6–9 months:** 12–14 hrs / 24 hrs. Most babies land on 2–3 naps and a longer night.
- ♦ **9–12 months:** 11–14 hrs / 24 hrs. Two naps, a consistent bedtime, and a real night stretch.

Your baby will not hit these perfectly. Mine didn't either. These are not goals — they're orientation.

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*This is where Chapter 1 ends. In the paid guide, Chapter 2 walks you through the three small shifts that finally made things click for us.*

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READY FOR THE REST?

# Get the *full* 32-page guide.

*Chapter 1 is the foundation — the other 28 pages are where it gets practical. Age-by-age schedules, the three shifts that actually worked, the 12 truths I wish someone had told me, the troubleshooting flowcharts, and the four printable trackers that made the fog lift.*

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THAT'S WHERE YOU CAN GRAB IT

THE BUNDLE INCLUDES

The full 32-page Sleep Survival Guide

The First 2 Weeks — hospital-to-home companion

2-Week Newborn Tracker (printable)

Standalone Printables pack — US Letter & A4

*you've got this. truly.*