Baby Not Sleeping? – Simple Flowchart

Baby Not Sleeping?
Is Baby Hungry? Try feeding and burping
Dirty or Wet Diaper? Change diaper
Overtired? Put baby to sleep earlier
Uncomfortable Room? Adjust temperature, lights, noise
Needs Comfort? Rock, swaddle, or use white noise
Gas or Tummy Pain? Massage tummy, bicycle legs
Still not sleeping? Try bedtime routine or talk to pediatrician