

I DON'T HAVE FING

TIME FOR THIS!

Mom-to-Mom Empowerment Support Group

Co-Sleeping Success

Tips on sleeping or *not* sleeping next to your partner:



Sleeping together can be a beautiful way to connect with your partner, but it can also be a source of frustration and fatigue. As sleep is a social behavior, adapting to each other's needs and habits is crucial. However, sometimes, sleeping apart can be the key to improving not only your sleep but also your relationship, parenting, and overall well-being. By prioritizing sleep and finding solutions that work for both of you, you can create a stronger and more loving connection with your partner. When sleeping apart is not an option use these tips and tricks to get a better night's sleep:

1. **Discuss specific issues with your partner:** Communicate openly about your sleep needs, habits, and concerns.
2. **Pillow wall:** Use a pillow or cushion to create a barrier between you and your partner.
3. **Noise canceling headphones:** Wear headphones to block out snoring, movement, or other disruptive sounds.
4. **Earplugs:** Use earplugs that block out 60 DBS or higher to reduce noise disturbance.
5. **White noise machines:** Utilize white noise machines to dampen intermittent noise.
6. **Separate blankets:** Use separate blankets to regulate your individual temperatures and comfort levels.
7. **Compromise on temperature:** Find a middle ground on bedroom temperature to suit both of your needs.
8. **Establish a relaxing bedtime routine:** Develop a calming pre-sleep routine to signal your body that it's time to sleep.
9. **Consider separate bedrooms:** If co-sleeping doesn't work for you, try sleeping in separate bedrooms or beds.
10. **Prioritize sleep:** Make sleep a priority for both of you and work together to find solutions that improve your sleep and relationship.

Remember, sleep is essential for a healthy and happy relationship. By finding ways to adapt and prioritize sleep, you can strengthen your bond and create a more loving and supportive partnership.