APPRENDRE À DORMIR

What do we mean by sleep regressions? Is there such a thing?

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Sleep scientists agree that **sleep regressions are a myth, they don't exist**. In reality, the evolution of sleep never goes backwards.

Variations are normal: toddlers sleep in waves, with their own particularities.

So why this debate?

Because "regression" in developmental terms implies that the evolution of sleep acquisition is reversed periodically, or that there is a halt or decline in acquisition.

In a typical development trajectory, there's no stopping, going down or going back, but there are fluctuations and variations.

Forget the idea of a regression and a reversal of the sleep train: children grow up following their own unique and fluctuating sleep rhythms.

For example, scientists have observed that, even over a 13-night period, sleep patterns can vary enormously in 6-month-old babies. The duration and number of awakenings reported fluctuate greatly for some children more than others. It's a continuous journey, marked by variations, especially during the first year.

However researchers admit that profiles of "short" and "long" sleepers, as well as culture, has not often been taken into account in studies in the past, they influence recommendations and parental perceptions. For example, the recommended sleep standards do not always take this diversity into account.

For parents, the advice is clear: listen to your child's cues and stay the course during fluctuations. Establish healthy sleep hygiene with regular schedules and a predictable, secure routine to encourage restful sleep.

Every child is unique, and so is their sleep. As research continues to explore the subtleties of sleep trains, an **individualized developmental approach seems to be the key to peaceful sleep.**

Inspiration and scientific sources:

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