

# 18-MONTH SLEEP REGRESSION

## A GUIDE FOR PARENTS

### When To Seek Medical Attention For Your 18-Month-Old's Sleep Issues

Excessive sleepiness during the day



Notable alterations in eating and  
bowel routines



Impaired growth and development



Inadequate weight gain or tends  
to lose weight



Lowered energy levels or  
disinterest in daytime activities



### Tips For Parents

Try calming and soothing  
bedtime strategies



Take good care of your health  
and keep yourself calm



Request your partner or  
caregivers for help



Speak to a pediatrician for  
helpful suggestions



Be patient; it is just a  
temporary phase.

