

Signs Of Sleep Regression In A Three-Year-Old Child



Remaining awake overnight

Trouble falling asleep again



Daytime naps are shorter

Overtired due to lack of sleep



Resist going for naps or sleep

Fussy or irritable without obvious reasons



Less hungry and thirsty than usual

Note: If these signs are accompanied by signs of illness, such as fever, diarrhea, or pain, it may be due to an underlying problem, and you must see a doctor.

Reference:

- 1 Infant Sleep Regression: What Parents Need To Know; Cleveland Clinic