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How to Get Your Colicky Baby to Sleep Better by [Brayden Smith](#)

Article published on December 21st 2011 | [Health](#)

The problem with the baby suffers from colic are over stimulated. They seem to have trouble winding down from the stress endure throughout the day. They calm down and wept. But instead of helping them relax, crying often seems to wind them. Crying gets out of hand, and the sleep out of reach.

A small bowl, pour 3 ounces of cold water, add a little dill, then just let cook completely. After that, boiled, let it cool down a bit just enough to warm your baby. Add the dill just water (to remove water from dill) to the baby bottle and give your baby to drink. If your baby does not like dill taste, you can add a little honey, because it can be sweeter. Your baby will probably drink it better if it is slightly sweet.

Select the same time every night, every morning to start your baby to sleep and wake up.

Set the bath to relax during the usual before putting your baby to sleep. Adding a drop of lavender and chamomile essential oils, bath oils can help. All infants who do not like naked, and they can not sleep when they are cold, especially when they have cold feet. Sometimes the cloth diapers, or just above the feet to stop crying. Sometimes the pacifier can help. Most babies are less likely to complain is too hot, so you will not only recognize it when you see that his face is red, or that he is sweaty.

Marpac SleepMate 980A sound conditioner is one of the best and most reliable of these machines. It provides a natural sound, like a gentle wind or waves lapping on the shore. Many people who use the Marpac SleepMate 980A to cover the sounds that their babies are sleeping, said that their babies sleep a lot better, and you do not wake up at night. Babies rested much easier when they started using the air conditioner sound.

There are a lot of people, including children who live with the lack of sleep, and only about 5 percent actually visit your doctor for help. Without enough sleep, the children are irritable, do not learn as well, and may even lose weight and become unhealthy. Sleep is an important part of our lives, especially during the development years.

You can help every member of your family, invest in a white noise machine and give yourself peace of mind with an infant or toddler who is not sleeping at night. This will help them fall asleep faster so you can relax and sleep better with your white noise machine.

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