Categories: Mom's Corner

Sleeping through the night

Do you hear that? It is the sound of quiet. It is quiet in the house and everyone is sleeping peacefully. It has been a rough and long road with nap times and sleeping at night.

Miranda has been the most challenging at night. She wakes up groaning several times a night and then crying. I have to quickly get up and quiet her down so she doesn't wake up her sisters. Amanda would go from mock 0 to 100 in 2.2 seconds screaming at the top of her lungs.

Maryssa would wake up and nothing would console her but holding her for hours until she fell asleep or bringing her into our bed so I could get some sleep.

Savannah would wake up crying for a sippy cup of milk. On average, I would get up 4-8 times a night resulting in me getting about 1-2 hours straight sleep at a time. I tell you it has been really hard. It seems in the past few nights we have possibly turned a corner with sleeping issues. I only have to get up once or twice now so I am finally getting more sleep. I remember when Savannah was around this age she started becoming a better sleeper. By the time she was 3 she would sleep all night in her bed. I am hoping this will also be the same for the triplets.

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