



Photo courtesy HALO Innovations and First Candle

Healthy Sleep for Baby

**Night time waking can be hard for new parents.
Knowing what to expect will help you feel
more relaxed and confident.**

Your Baby's Sleep: What to Expect



Babies are supposed to wake up at night. Waking up at night is important to keep your baby healthy. Babies need to wake up to be fed, to be comfortable and to be safe. Doctors recommend that babies should be put on their backs to sleep.

Baby Sleep Patterns

Some babies need more sleep than others. As your baby gets older, his sleep will change and become more predictable. This is what you can expect:

Newborn to 6 Weeks

During the first 6 weeks, your baby's sleep will be unpredictable. He is still getting used to the new world around him.

Newborn babies sleep for only a few hours at a time and they will wake up many times throughout the day and night. This is normal and healthy for them.

Babies may have times when they wake up more often due to growth spurts, sickness, or changes in routine.

6 to 8 Weeks

Your baby may sleep more at night because he is awake more during the day. Waking up at night is still normal and healthy.

About 3 Months

At night, your baby will sleep for longer periods of time, and wake up less often.

About 6 Months

Your baby may sleep up to 6 hours at a time.

2 Ways Babies Sleep



Your baby needs to go through periods of both light and deep sleep. Both types of sleep are important for your baby's health.

Light Sleep

Babies need light sleep for their brains to grow and develop. Babies dream during light sleep. Dreaming is healthy for them.

During Light Sleep Babies:

- Move around and make noises
- Have eye twitches or open and close their eyes quickly
- Have fast and slow breathing
- Dream
- Wake up easily

Newborn babies fall asleep in light sleep. Some may wake up easily if you lay them down while in light sleep. Wait for signs of deep sleep before laying your baby down.

Deep Sleep

Babies need deep sleep for their brains to rest.

During Deep Sleep Babies:

- Don't move very much
- Have relaxed and floppy arms and legs
- Have regular steady breathing
- Make sucking movements
- Don't wake up easily



Tips for Sleepy Parents

New parents can expect to get less sleep. For a few months, most of your sleep will be in short 2-3 hour stretches. These tips will NOT make your baby sleep through the night, but they may help YOU get a few more minutes of sleep. Waking up at night is important for your baby's health.



1 Keep baby close at night

Doctors recommend you put your baby's crib or bassinet in the same room for the first few months. When your baby wakes up and needs something, you won't have far to go.

2 Keep the lights low

Keeping lights low while you feed, burp or change your baby's diaper during the night will help you get back to sleep more quickly. You do NOT want low lighting if you are doing something that requires your full attention, such as giving medicine.

3 Sleep when your baby sleeps

While it may seem impossible, try to sleep when your baby sleeps. Even 90 minutes of sleep can help you feel more rested.

4 Ask for help

Taking care of your little one can be hard work. Ask family and friends for help at home.

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