Healthy sleep for you and your baby

When babies are young, waking helps keep them safe and healthy

- Babies need to wake up to be fed, to be comfortable and to be safe.
- A newborn baby may wake 3-4 times during the night. (Night time for a baby is from about 8 pm – 6 am.)
- Once a baby is 6 months old he/she may wake 0-1 times per night, so it does get better!
- Understanding how your baby sleeps can help you know what to expect.

Babies sleep in light sleep and deep sleep

Both of these types of sleep are important for your baby's brain growth and development. Babies start sleeping in light sleep and move to deep sleep after about 20 minutes.

In light sleep your baby dreams and is easy to wake up. Some cues of light sleep are:

- moves around and makes noises
- eyes may twitch or open and close quickly
In deep sleep your baby does not wake up easily. Some cues of deep sleep are:

- is relaxed and has floppy arms and legs
- has regular steady breathing
- doesn’t move much

If your baby wakes up when you lay him/her down, wait for cues of deep sleep first and then lay your baby down.

It helps your baby to sleep if you:

- keep the lights low
- keep the room quiet
- turn off any devices that have a glowing screen, like a television

Play time and physical activity for baby during the day helps for good sleep at night.

Activities for young babies: Infant massage, sing and talk to me, play music, hold me and walk around-pointing out items. Older babies: hold me while you dance, tummy time, place a bright colored item so that I have to turn to look at it.

To help you get rest, sleep when your baby sleeps. Ask others for help, such as providing meals, doing laundry, picking up groceries, etc.