



5 Tips for Newborns



DISCLAIMER:

Always follow the advice of your Doctor or trusted Medical Professional
This is just a guide, it may vary depending on your child's sleep needs.

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NEWBORN SLEEP IS ERRATIC



Day/Night Confusion

**In the womb, babies
sleep all day when
you're moving
around and wake
periodically at night
when you're still.**

**Fix this by having
your newborn nap in
a noisy and bright
area during the day
and sleep in dark and
quiet at night.**

**So this pattern continues out
of the womb. Newborn babies
also have no circadian rhythm
to help establish between
days and nights until about 3
months of age.**

ACTIVE VS. QUIET SLEEP



Active sleep is a light stage of sleep. Babies squirm and make noise during this stage.

Babies spend about 50% of their time in active sleep and 50% in quiet sleep.



Quiet sleep is a deep stage of sleep when babies are still.

NEWBORNS CANNOT STAY AWAKE FOR LONG



Newborns can only stay awake for about 45-60 minutes at a time, this includes feedings.

Newborns can sleep up to 17 hours in a 24 hour period. Wake your baby from a nap every 2 hours or when a feed is needed. Doing so helps to reverse day/night confusion and preserve night sleep.

Sleep Cues

- Fussing
- Eye rubbing or pulling ears
- Excessive crying
- Avoiding eye contact/interaction

MORO REFLEX



Moro reflex is a normal reflex that occurs when babies are startled by a loud noise or sudden movement. Often occurs when you are trying to put your baby to sleep. A baby can feel like they are falling when you are placing them down. So limbs fling outward. A swaddle can help keep this reflex at bay for sleep.

Swaddle

Use velcro and zipper swaddles



PAUSE & LISTEN



Babies are noisy sleepers. Active sleep often looks like they're awake when they're not. So when you hear your baby making noise, pause briefly and listen. Is it a full on cry? If so, go and help. Otherwise, wait a minute and see if it continues. This ensures you're not accidentally waking them up. It can also help get you on the right track towards independent sleep sooner.

