Rips for Membrogen



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. © 2024 Erin Johnson Consulting

NEWBORN SLEEP IS ERRATIC

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

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.

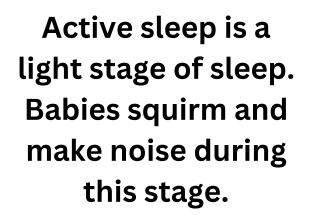
Day/Night Confusion

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





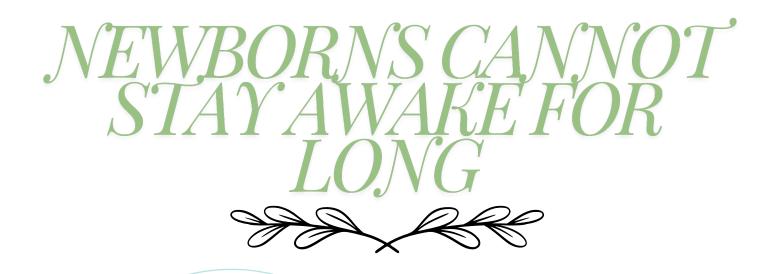




Babies spend about 50% of their time in active sleep and 50% in quiet sleep.



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



Newborns 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

FussingEye rubbing or pulling ears

Excessive crying

Avoiding eye contact/interaction







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.







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.

