

5 Sleep Tips for Newborns

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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 awake and moving around. Then they are more awake periodically at night when you're still.

Fix this pattern by having your newborn nap in a noisy and bright area during the day, like the living room in a safe sleep space (Pack 'n Play or bassinet). Then have them sleep in dark and quiet at night in their crib or bassinet.

So this pattern continues out of the womb. Newborn babies also have no circadian rhythm to help establish between days and nights. This begins forming around 3 months of age.

ACTIVE VS. QUIET SLEEP



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

Newborns 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



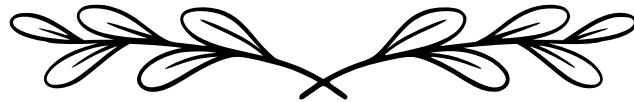
Newborns can only stay awake for about 45-60 minutes at a time, this includes feedings.

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
- 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 down for 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. AAP states to discontinue use of the swaddle as soon as the first signs of rolling occur. The first signs of rolling can happen as early as 2 months. Dr. Moon, the head of the AAP SIDS Task Force, recommends discontinuing the swaddle by 8 weeks, even if signs of rolling have not occurred yet. Rolling for the first time often happens during sleep overnight. So discontinuing at 8 weeks can help prevent any suffocation risk.

Swaddle

Use velcro and zipper swaddles



PAUSE & LISTEN



Babies are noisy sleepers. Active sleep often looks and sounds 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.

