

### Healthy Sleep For Babies

Babies sleep differently than adults. They have two kinds of sleep:

#### Light Sleep

- Light sleep is important for brain development.
- Newborns fall asleep into light sleep.
- Babies will dream, move, and make noises.
- Babies awaken easily when laid down right after falling asleep.

#### Deep Sleep

- Deep sleep is important for complete rest.
- After the first 20-30 minutes in light sleep, babies' breathing becomes more regular, they become very still and are harder to wake up.
- Babies may still make sucking motions and might startle, but this will not wake them.
- Between 12 and 16 weeks, babies begin sleep in deep sleep (like adults) and wake up less often.

#### Waking Is Important

- Young babies are supposed to wake up at night for feeding and comforting (dry diaper and warmth).
- Some young babies who sleep too deeply for a long time are at greater risk for Sudden Infant Death Syndrome (SIDS).

#### When Babies Need To Be Awakened

Sometimes babies are very sleepy and it may be hard to wake them for feeding. This may happen with newborns whose moms were given medication during labor. Here are some ways to wake your baby:

- Change the baby's position.
- Change his diaper or remove his clothes.

- Touch the baby gently on his hands, bottoms of feet or tummy.
- Hold your undressed baby on your bare chest heart-to-heart.

## **Some Reasons Babies Wake More Often Than Expected**

- Prematurity
- Having a TV on in the room or other noises
- Illness or injury
- Caffeine in breastfeeding mother's diet
- Poor feeding
- Changes in baby's routine



## **Tips For Sleepy Parents**

- If baby awakens easily right after falling asleep, continue holding him for 15-20 minutes until he becomes very still.
- Include play time and activity during the day to encourage better sleep at night.
- Keep the TV off or out of the room where the baby sleeps.
- Getting at least 90 minutes of sleep at a time may help you feel more rested than a shorter nap.
- Accept help with housework or baby care from family and friends so you can rest.
- Contact WIC or your doctor with any concerns.

