

Guide To Newborn Sleep: HELPING BABY FALL ASLEEP AND STAY ASLEEP

Your baby will show you several signs or cues when they are sleepy. They may close their eyes, yawn, or even try to rub their eyes. If they get overtired, your baby may use other cues to show you they are upset.



If your baby falls asleep in your arms, wait to put them in their crib until they are in a deep sleep. When your baby first falls asleep, they are in light sleep.

When baby is in light sleep, they will:

- >> Move around
- >> Have fast and slow breathing
- >> Wake easily


It usually takes babies 20 to 30 minutes of light sleep before they fall into deep sleep.

Once your baby falls into deep sleep, they will:

- >> Have a relaxed, still body
- >> Have steady, consistent breathing

Now is the best time! Gently lay them on their back in their crib.



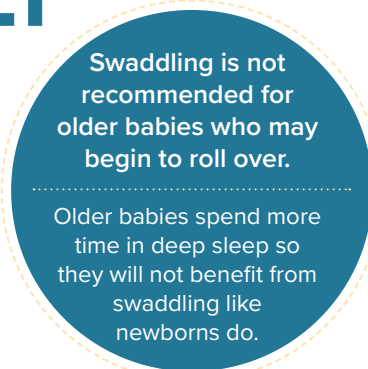


Guide To Newborn Sleep: **HELPING BABY FALL ASLEEP AND STAY ASLEEP**



SWADDLING CAN HELP.

Swaddling can help newborns sleep a little longer because they are less likely to wake themselves up when they are in light sleep.




Swaddling is not recommended for older babies who may begin to roll over.

Older babies spend more time in deep sleep so they will not benefit from swaddling like newborns do.





KEEP LIGHTS DOWN LOW DURING NIGHTTIME FEEDINGS.

Use calm, soft voices and low lighting. Bright lights and loud noises like TV will wake your baby up and tell them it is time to start playing.



LEARN THE SOUNDS YOUR BABY MAKES WHEN DREAMING

Sometimes your newborn will make noises while they are dreaming. You may think they are waking up when they are not. If they are dreaming, they will stop making noise after a few minutes and you can get more rest.



If your baby starts to cry or is fussing for more than a few minutes, it is time to check on them. They need something to be different.



LIMIT OR AVOID CAFFEINE WHEN BREAST OR CHESTFEEDING

>> Caffeine is transferred to the baby through your milk.

>> Newborns take much longer to process caffeine than adults do.

>> Caffeine can add up in the baby's body over time and interfere with sleep.

Take This Lesson To Learn:

- How to recognize baby's hunger and fullness cues.
- Why babies cry and how to respond.
- How to know if your baby is getting enough milk.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy And Baby's First 6 Months**
- Choose the lesson: **Understanding Your Baby: Sleep, Crying And Cues**

