



SLEEP MUCH?

Get More With These Ideas

Newborn babies often wake up every 2-3 hours to be fed and changed. This schedule can make it hard for new parents to get the sleep they need. Use the tips below to get a little more sleep!

Sleep when your baby sleeps

Ask others you trust to help with chores so you can get the sleep you need. Set an alarm if you are worried about sleeping too long!

Ask for night time help

Your partner (or other family members) can help you in the night so you can get more sleep. They can change diapers, soothe your baby if they are upset, or put them back to sleep.



Remember the newborn stage is temporary

Your baby will not wake up at night forever. As they grow older and their tummy grows bigger, they will sleep for longer stretches. And so will you. We promise!

Know the importance of sleep

Taking care of a newborn is challenging. When you get as much sleep as possible, it is easier to manage the challenge. Stress can get worse if you do not get enough sleep.

Make time for rest

Sleep and rest are different, but both are good for your body. Sleep keeps your mind and body healthy. Rest helps your body relax.



SLEEP CAN LOOK LIKE:

- * A short nap
- * A long nap
- * A few hours of sleep
- * A full night of sleep

REST CAN LOOK LIKE:

- * Sitting and talking with a friend
- * Skin-to-skin time with your baby
- * Sitting and watching TV or reading
- * Carrying your baby in a sling



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Use visitors wisely

When your baby is first born, you may not be ready for a lot of visitors. Ask your partner or another family member to be in charge of asking visitors to come another time.

When you do feel ready for visitors, use them wisely! A trusted visitor could sit with your baby while you have a nap. Or, a visiting friend or relative could stay with you for a few days so you can get more sleep. They can also help with chores and errands.

Breast or chestfeed

Breast or chestfeeding is good for getting more sleep! Why? Because you don't need to prepare or warm bottles at night!

Share a room (but not a bed!) with your baby

The American Academy of Pediatrics recommends your baby share a room with you for at least the first 6 months. Sharing a room will let you respond quickly to your baby's needs. Then you both can get back to sleep faster. If possible, place your baby's crib or bassinet in your bedroom, close to your bed.



CAUTION!

Do not share a bed with your baby

Having your baby sleep in your bed with you can be very dangerous for them. Pillows and blankets can suffocate your baby. Your baby needs to sleep in their own crib, for safety.

Take This Lesson to Learn:

- If the postpartum emotions you are feeling are normal.
- How to create a support team to help you out.
- Tips to plan for and eat nutritious foods.

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: **Getting The Support You Need For Baby's First Weeks**

