

# SLEEPY SIGNS

The following log will help you record when your baby starts to get sleepy, falls asleep, and wakes up. This can help you understand when it will be easiest to get them to sleep. Remember to always put your baby to sleep alone, on their back, and in a crib!

## SLEEP LOG

Day 1

Day 2

Day 3

**When** did baby show signs of sleepiness? What signs?

**What** time did baby fall asleep?

**Who** put baby to sleep?

**Where** did baby fall asleep?

**What** position did baby sleep in?

**How** long did baby sleep?

**What** steps can I take to help my baby sleep better and/or safer?



# SLEEPY SIGNS

## IF YOUR BABY...

- ★ Pulls on their ears
- ★ Rubs their eyes
- ★ Yawns
- ★ Has trouble focusing their eyes or keeping them open
- ★ Cries when there is nothing wrong
- ★ Jerks their arms or legs

...they may be getting tired! As soon as you notice your baby showing any of these signs, start to get them to bed! The longer you wait, the harder it may be to put them to sleep later.



## TIPS FOR HELPING YOUR BABY FALL BACK ASLEEP ON THEIR OWN:

- ★ Keep lights low and your voice quiet when feeding or changing at night.
- ★ Put baby to bed when they are **awake but sleepy**.
- ★ Watch for baby's **sleepy signs** and put them to bed before they get overtired.
- ★ If baby fusses during sleep time, wait a few minutes before going to them. They may go back to sleep on their own.
- ★ If baby is fussy, touch them gently without picking them up. Talk sweetly and quietly to calm them.
- ★ If baby is crying or frantic, check them to see what may be bothering them. They may be hungry, may have a dirty diaper, or may not be feeling well.



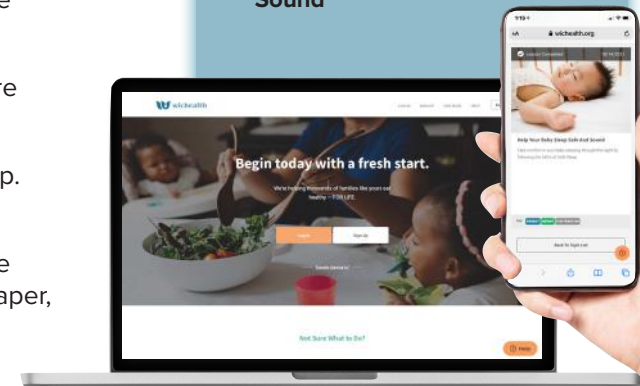
LESSON:  
HELP YOUR BABY  
SLEEP SAFE AND  
SOUND

### Take This Lesson to Learn:

- How to protect your baby from common bedtime dangers
- Tips to help your baby fall back asleep on their own
- The three steps to safe sleep

### To Get Started:

- Visit [wichealth.org](http://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: **Help Your Baby Sleep Safe And Sound**



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