

Sleep Tips

Infants (1 Day – 6 Months)

- Sleep spans of 2-3 hours, with lots of feedings and diaper changes during the waking periods. Infants need these frequent feeds, as they are growing incredibly fast.
- Wake infants <30 days old if they have slept longer than 5hrs as their blood sugar can drop and & can't wake
- Naps can be all over the place: short cat naps to longer 1-3 hour naps
- At 4-6 months, many babies nap to about twice per day — usually morning and early afternoon.
- Babies don't consistently start consolidating **6+ hours of sleep until about 4 months** of age.
- Biologic clocks are influenced by light, sound, & events like feedings, playtime, cuddle-time, and so on.
- The more stimulated into wakefulness the baby is during the day, the less sleep will occur at that time. The idea here is that if you want your baby to "get their days and nights straight," you should:
 - Stimulate your baby at least every 2-3 hours in the day, with feedings, playtime, and light exposure.
 - Keep things mellow at night, with limited and low light exposure – 68-82 degrees, darkening blinds, white noise

Older Babies (6–12 Months)

- Awakenings may still occur but do not physiologically require help for the baby to return to sleep. Thus, *your parental sleep philosophy, and your actions/decisions, have a significant impact on the baby's sleep pattern.*
- By 6 months, the majority of healthy infants can start stretching spans of 10+ hours of sleep, and they typically do not require night feedings anymore. They don't *need* a parent or feeding; they *want* a parent or to be fed.

Encouraging Good Sleep habits

- Keep the sleep environment simple without interventions that can be problematic (laying next to, rubbing back)
- Establish consistent bedtime routines (ex. bath, brush teeth, story, bed) that lasts <20 minutes
- Do the SAME bedtime routines EVERY night the SAME time the SAME way
- Once bedtime routine is complete place child in bed with transitional sleep object AWAKE and leave room
- Expect your child to become upset and cry. *Stay calm.* Set timer for 5 minutes, if still crying verbally reassure
- How long do I do this? As long as it takes. *How YOU respond is very important.* Remember we are teaching lifelong sleep habits. *Just as children learn how to walk, they also learn how to fall asleep.*
- Begin this process with bedtime, not naps. Understand that the first 1-3 days are the worst – BE CONSISTENT!
- Common Pitfalls – 1. Not being consistent EVERY night 2. Not doing same routine long enough (atleast 2 weeks) 3. Long bedtime routine where your child is drowsy when you put them down NOT awake. 4. Parents not being on same page with sleep routines. Parenting is a TEAM sport.
- Why teach a child self-settling skills to fall asleep independently?
 - The child gains security and confidence related to sleep with each successful night
 - The child and parent enjoys a greater quality of sleep
 - The child does not develop fears associated with going to sleep alone
 - Most lousy adult sleepers were lousy sleepers as children.

| Sleep Targets by age | Nighttime Sleep | Daytime Sleep |
|----------------------|--------------------------------|--------------------------------------|
| 0-4 months | 15-18 hours (in a 24hr period) | |
| 4-6 months | 11-12 hours nighttime sleep + | 3-4 hours day (in three naps) |
| 6-12 months | 11-12 hours nighttime sleep + | 2-3.5 hours day (in two naps) |
| 12-18 months | 11-12 hours nighttime sleep + | 1.5-3 hours day (in one or two naps) |

There are multiple ways to approach sleep with even more opinions.
Our recommendations are based on 20+ years of personal and professional experience.
It is not The Answer, The Right Way or The Only Way just our professional opinion.