



Healthy sleep for you and your baby

Self-learning activity

- When babies are young, waking keeps them safe and healthy.
- Waking up with babies can be hard for new parents.
- Knowing what to expect will help you feel more relaxed and confident.

There are 2 types of infant sleep: “Active Sleep” and “Quiet Sleep”

Every time your baby falls asleep, she will spend time in each type of sleep. The light sleep is called “Active Sleep” and the deep sleep is called “Quiet Sleep.”

During Active Sleep, your baby will:

- Dream
- Wake easily
- Stimulate and develop her brain
- Make little movements and noises



Your baby’s brain **needs** active sleep to grow and develop!

Dreaming is healthy for your baby.

During Quiet Sleep, your baby will:

- Not move very much
- Sometimes make sucking movements
- Might startle
- Take longer to wake up



Quiet sleep is deep sleep and is important for your baby’s brain to rest.

Waking at night

How long do babies sleep before waking?

0-6 weeks:	2-4 hours
2 months:	3-4 hours
4 months:	4-6 hours
6 months:	6-8 hours



If your baby wakes up a lot more than this, you may want to check with her doctor.

Sleep patterns change!

- Your newborn sleeps 16 hours per day. He will start sleeping in active sleep and move to quiet sleep after about 20 minutes.
- By 6-8 weeks, he will sleep more at night.
- By 12 weeks, he will sleep more like you do and begin sleep cycles in quiet sleep. He will wake less often.
- Your baby may wake more often when he is sick or has a change in his routine.

Activity

How long does your baby sleep before waking?

How does it compare to the time listed for your baby's age?

Tips for sleepy parents

- Wait until you see signs of deep sleep before laying your baby down after feeding.
- Play time and physical activity during the day are important for good sleep at night.
- Turn off lights and TV where your baby sleeps.
- Rest while your baby sleeps. Even taking a short nap can help you feel more rested.

Activity:

Which of these tips will you try to help your baby sleep better?