

## 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.



## 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).



If you need this in an alternate format, call 971-673-0040 or TTY 1-800-735-2900.

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# Healthy sleep

## for you and your baby



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

## During Quiet Sleep, your baby will:

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

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



Dreaming is healthy for your baby. When your baby is dreaming, she is easier 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:	<b>2-4</b> hours
2 months:	<b>3-4</b> hours
4 months:	<b>4-6</b> hours
6 months:	<b>6-8</b> hours

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