



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?