

SUPPORTING BABY'S SLEEP

Sleep Patterns of Infants

0-3 months

Newborns spend about 14 to 17 hours sleeping each day. At this age, sleep is for shorter periods as they need to eat more frequently.

3-6 months

At this age, the amount of time babies sleep drops to around 12 to 15 hours a day. They usually sleep for longer periods as they can go longer without eating.

6-12 months

Starting at around 6 months of age, babies sleep for about 11 to 14 hours a day, mostly at night, though they may wake up throughout the night.

Sleep is essential for your baby's development, but adjusting to their sleep schedule in the first year can be challenging. It's okay if they don't follow a set pattern right away. Here are some tips to help establish more consistent sleep habits, especially as they approach 12 months.

Create a comfortable sleeping environment.

If possible, keep lights dim, noise levels low, and temperatures cool. It is important for your baby to know that it's time for sleep, not play.

Keep things in perspective.

Understanding your baby's unique habits can take time. It can be easy to feel overwhelmed. If you have questions or concerns, talk to your child's health care provider.



Have a calming bedtime routine.

To prevent overstimulation before bedtime, try bathing, reading, singing, or cuddling before putting your baby to bed every night.

Encourage them to fall asleep on their own.

Try to put your baby to bed sleepy, but awake. This will help them learn that the bed is a safe place to fall asleep.



Practice safe sleep.

- The American Academy of Pediatrics recommends that infants sleep in the same bedroom as their parents for at least the first six months of life.
- Infants should sleep on a separate surface, such as a crib or a bassinet, and never on a couch, armchair, or soft surface.
- Avoid sleeping in an infant seat or car carrier (except when riding in the car).
- Place the baby on their back.
- Avoid using soft bedding, including crib bumpers, blankets, pillows, and soft toys. The crib should be bare.