

16 THINGS YOU WANT TO KNOW NEWBORN SLEEP

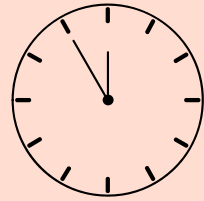
1. SWADDLE

your baby for all naps in the cot & at night. It makes it easier to transfer them from your arms to the cot without waking up, stops them startling awake and helps massively when you work on cot settling



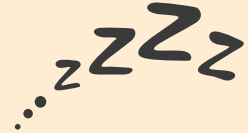
2. COUNT TO 60

when your baby wakes up during a nap or at night. They might just be in active sleep which is typically noisy and restless. They might even cry out and open their eyes! Pausing makes sure you don't inadvertently wake them up!



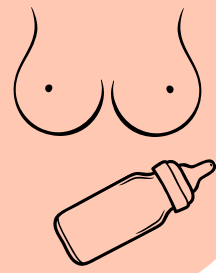
3. MATERNAL MELATONIN

makes babies feel really sleepy but it wears off after 4-6 weeks, which is when most babies will 'wake up'. They will now be less likely to nod off when tired so you need to proactively set them up for a nap



4. FULL, ACTIVE FEEDS

mean that over time your baby will be able to take in a larger % of their milk during the day time so they can sleep for longer stretches at night. By 6-12 weeks that might mean roughly 4-6 full feeds (every 2.5-3.5 hours) during the day



5. WAKE WINDOWS

are important for easy naps because babies fall asleep more easily when they are tired not overtired. A good goal is to aim for 80-90mins of awake time between naps by the time your baby is 12 weeks old

0-6 WEEKS:
40-70 MINS

6-12 WEEKS:
60-90 MINS

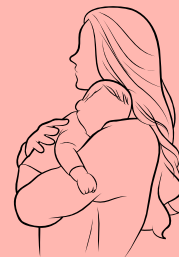
6. BURP, BURP, BURP

during and after every feed to reduce trapped air from building up in your baby's tummy and causing pain - this can really improve sleep, especially the early hours of the morning when wind is often a culprit



7. WIND DOWN

for 10mins before naps. You can do this by reducing stimulation (dimming the lights), swaddling your baby, popping the white noise on, cuddling till calm then settling them in the cot or assisting to sleep in your arms



8. GRIZZLING IS OK

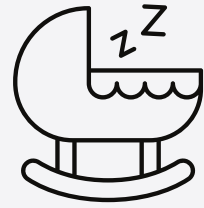
it's normal for babies to grizzle for 5-15mins as they fall asleep so stay calm, don't chop and change between different settling techniques, it's likely they will fall asleep very soon.



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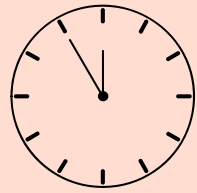
9. WAKE YOUR BABY

after 2 hours during the day. Capping naps at 2 hours helps to build awake time, ensuring enough milk feeds in the day and longer stretches of sleep at night



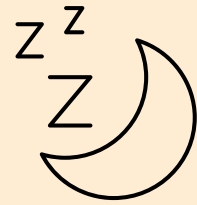
10. SHORT NAP?

if your baby sleeps for less than 1 hour try to spend 15-20mins helping them fall back to sleep. If they don't fall back to sleep you might shorten the next wake window by 5-15mins but you will be surprised how often they do!



11. EARLY BEDTIME

most babies are ready for an earlier bedtime of 6.30-8pm by 8-10 weeks. If your pop your baby down and they wake shortly after don't worry - just resettle them back to sleep and their body clock will soon adapt



12. PREDICTABLE WAKE

when you move bedtime earlier it's helpful to start waking your baby by 7/7.30am because babies need 12-13 hours of awake time (including naps) before they will settle for a longer stretch of night sleep



13. REFLUX AND PAIN

aside from a visit to your paediatrician an appointment with the osteopath can be incredible at resolving pain/tension build up from birth and digestive discomfort/feeding issues



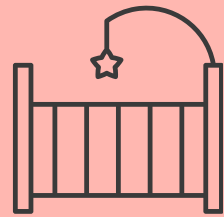
14. WON'T STOP CRYING

if your baby is really upset try reducing stimulation (dim lights), swaddle, hold on their side and start shh'ing, use some fast jiggle motion, then if that's not working give your baby something to suck. It might take 10-15mins to calm them down



15. COT SETTling

use my settling techniques to try and help your baby fall sleep in the cot. Practise at least one nap in the cot each day to give you confidence and make it easier for your baby to get the hang of it more quickly



16. FINDING YOUR FEET

follow my 'Getting Into A Routine' video for week by week achievable goals to get you into a flexible, confident routine by 12 weeks. It doesn't need to be perfect - the key is knowing what to do in all situations

