



Newborn Sleep

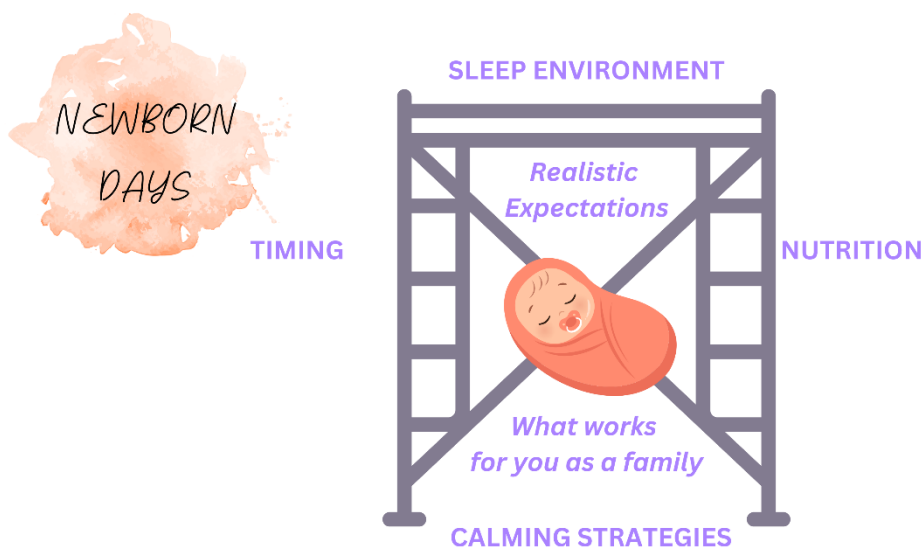
"The 4th trimester - a time for transition"

Newborn sleep is neurologically very immature and therefore often pretty random:
Time & Patience will be on your side!

Worried about "bad habits" aka the famous "rod for your own back"?

Try not to 😊 We are talking the 4th trimester, newborn days = the transition of your baby into the outside world & your own into life as a parent, so give them & yourself time to adjust!

- Contact naps & lots of hands on support for sleeping is super normal during the first 3 months of your child's.
- Avoid getting into the trap of feeling stuck at home all day, trying to get your baby to sleep, being able to combine time outside your home with the sleep bubs needs can be a massive help to you as parents to stay sane!
- While we can't sleep train a newborn (neurologically we can't expect babies to learn how to independently self-settle until 16 weeks), we can "scaffold" your little one's sleep by introducing healthy sleep habits



How to “scaffold” your Newborn’s sleep

1) Trigger their “calming reflex” by

- **Swaddling**: re-create that snug feeling they are used to from in utero (follow safe & healthy guidelines)
- **Dummies**: Rooting/wanting to suck isn’t always a sign for hunger, but your child’s quest for some calm to go off to sleep (psst, weaning off later on is often easier than you might think 😊)
- **Side positioning**: lots of babies love it and it can make settling them much easier (IMPORTANT: once calm/asleep, roll them back onto their back for safe sleeping)
- **Hands on**: whether its rocking, swinging or patting, it’s the extra jiggle that can be helpful for settling your baby, while their sleep is still so immature

2) Set up a supportive sleep environment

- **Darkness** (to cut out distraction + support melatonin production)
- **Temperature** (to make sure bubs doesn’t wake due to feeling too hot/cold)
- **White Noise**: add the familiar & calming sound to their sleep routine

3) Encourage sufficient day feeds

- **Full feeds**, rather than lots of “snack feeding” (make sure you feed accordingly to your child’s weight & needs, and reach out to your midwife or other medical professional for any feeding/weight gain concerns)
- **Consider waking them after 2-2.5 hours** of napping for a feed: babies are amazing calorie regulators, so missed daytime feeds often lead to more frequent night wakes/feeds

4) Over vs. Under tiredness

- Newborns can only cope with very short **awake times**
- **Over tiredness** builds up cortisol in their bodies, making falling asleep more challenging & can contribute to excessive night wakes
- **Under tiredness** can cause a lack of sleep drive & therefore short naps, so keeping an eye on the time, while learning your baby’s individual tired cues is a great way to learn when it’s time for them to go for a sleep

Age	Awake Window
1 - 3 weeks	40- 60 minutes
4 - 6 weeks	60- 90 minutes
7 - 12 weeks	90 (+/-) minutes