

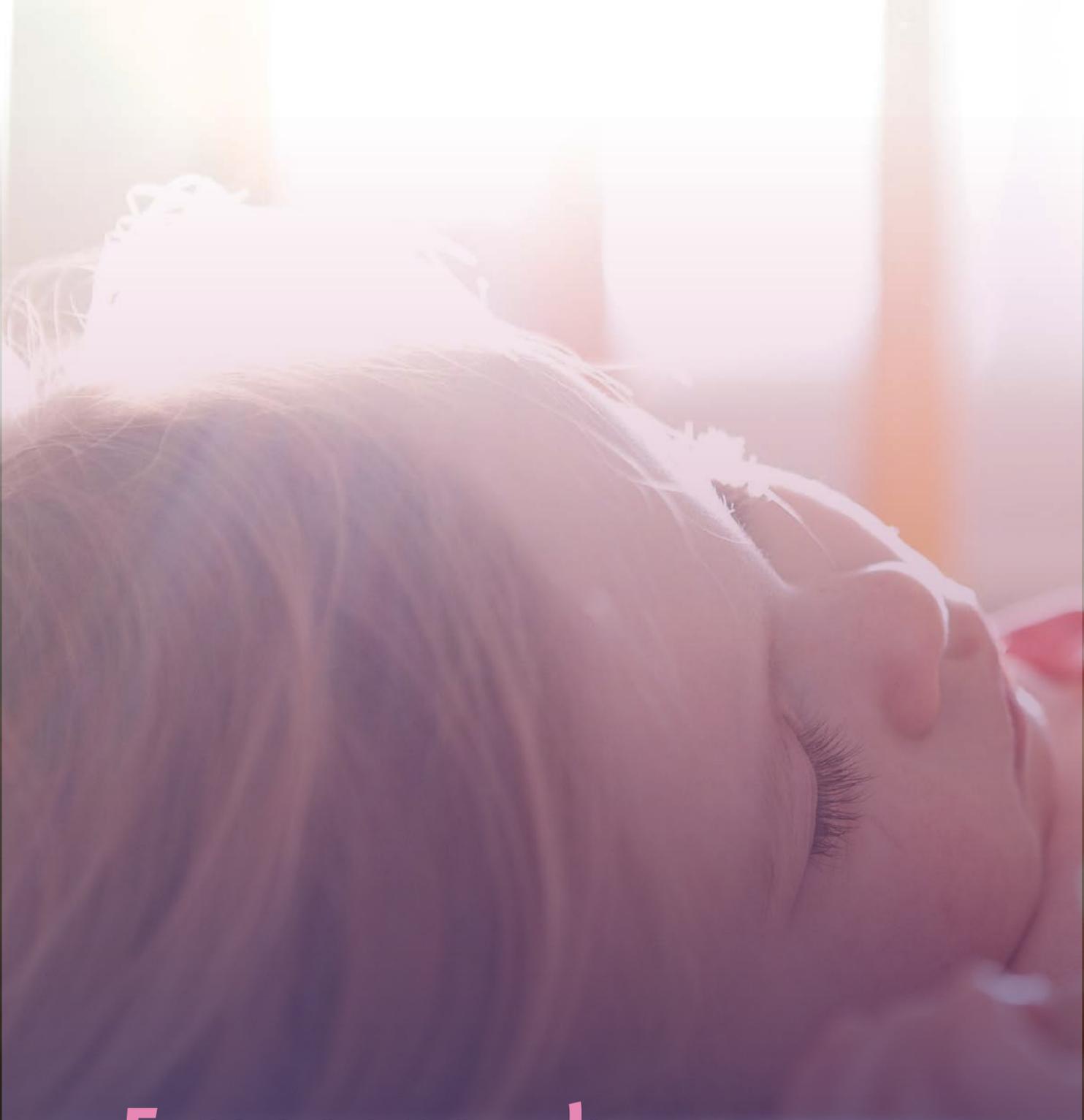


Sleep tips for your baby

Top tips for helping your little one
enjoy a blissful night's sleep

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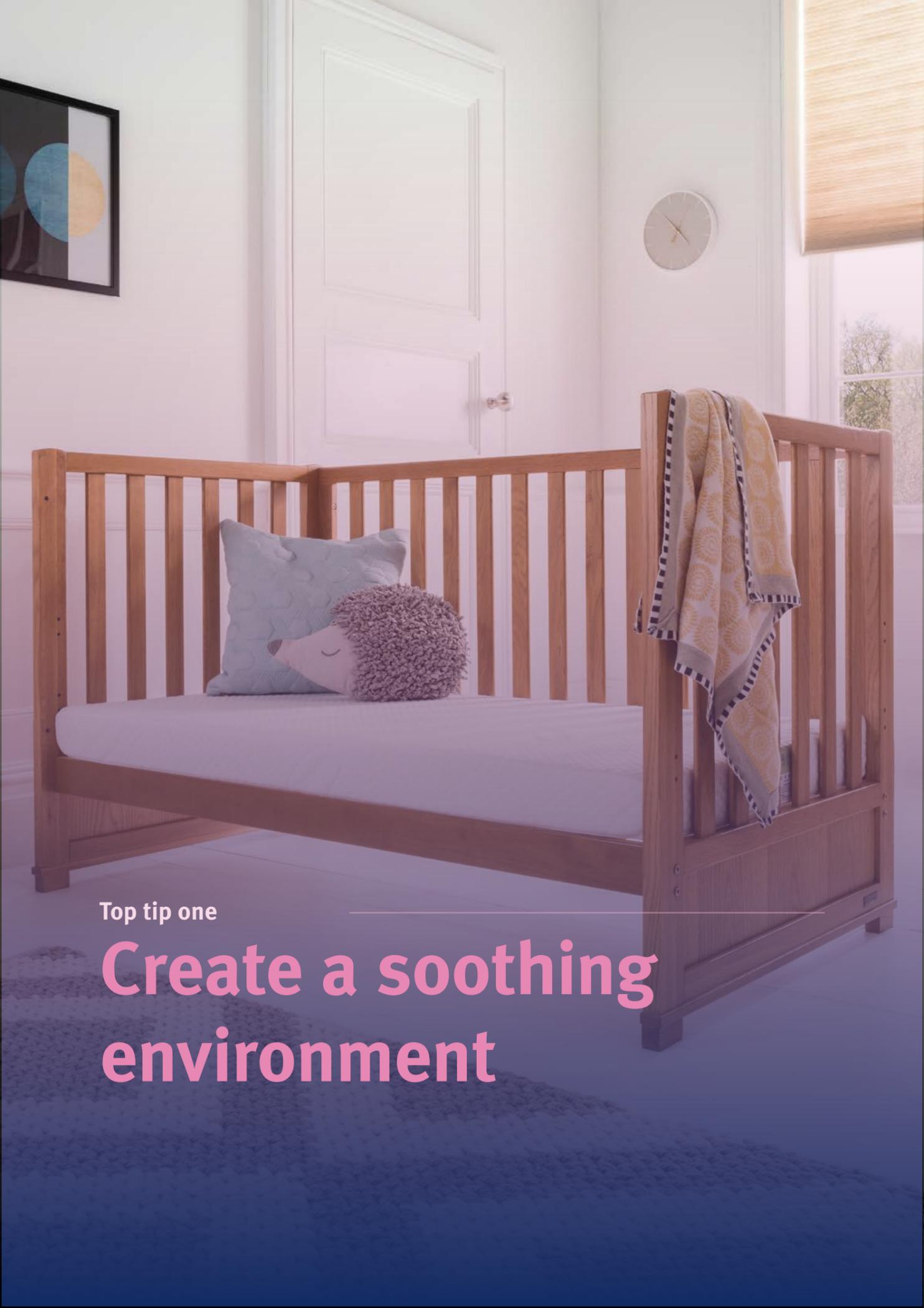
5 reasons why sleep is important for your baby

5 REASONS WHY SLEEP IS IMPORTANT FOR YOUR BABY

Good quality sleep is one of the most important factors behind the healthy growth and development of your newborn. After all, babies spend 50% of their early years sleeping as they rest, recover, learn and grow. It's vital to mental and physical development, as well as the immune system.

Here are 5 reasons why sleep should be a priority for every parent:

- 1. Mood.** Poor sleep can have a real impact on your baby's behaviour. They become more temperamental and harder to care-for.
- 2. Growth.** Your baby grows during sleep, so if they're not sleeping they're not getting the growth hormones they need to physically develop.
- 3. Weight.** Sleep deprivation can affect the hormone leptin, which is basically responsible for telling you you're full. This is supported by studies that have shown that children who sleep less are more at risk of being overweight.
- 4. Immunity.** Sleep is vital to boosting your baby's immune system as it's during sleep that cytokines – which are proteins we use to fight illnesses – are produced.
- 5. Learning.** Studies have shown that babies actually learn during sleep because sleep helps memory retention and capacity.



Top tip one

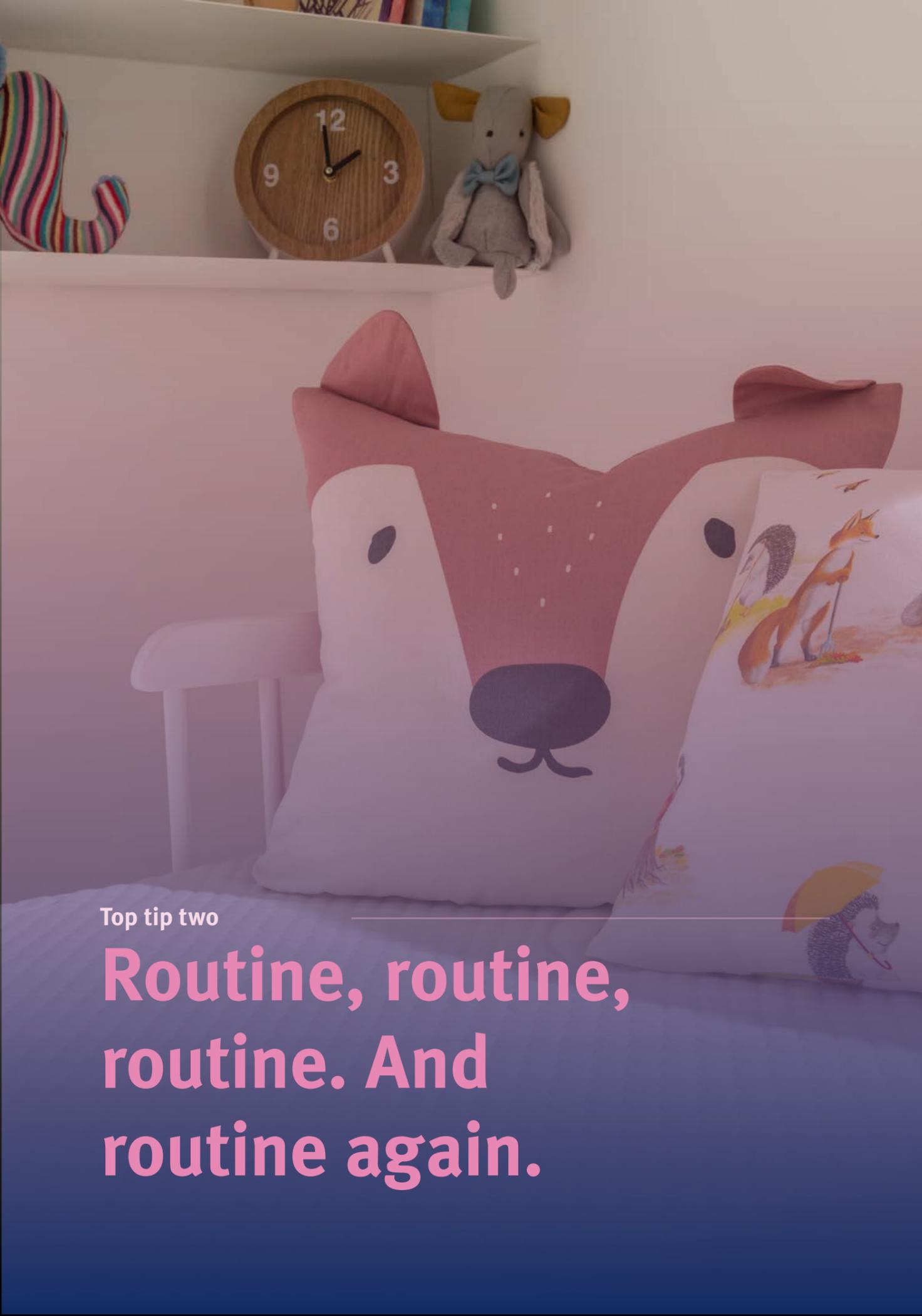
Create a soothing environment

CREATE A SOOTHING ENVIRONMENT

Newborns are used to being in the womb, so mirroring a similar environment can help soothe them to sleep in their first few months. Create a warm, dark and compact space with only low-pitched noises getting through – the optimal heat for a baby’s room is 15-18C.



The world can be a weird place for newborns who have been cocooned in their mother’s womb. New smells, sights and sounds can cause stress for little ones but white noise may be the answer when it comes to sleep. White noise is sound containing many frequencies with equal intensities; this can help relax your baby, calming them down and giving a sense of ‘womb-like’ security that helps them drift off.



Top tip two

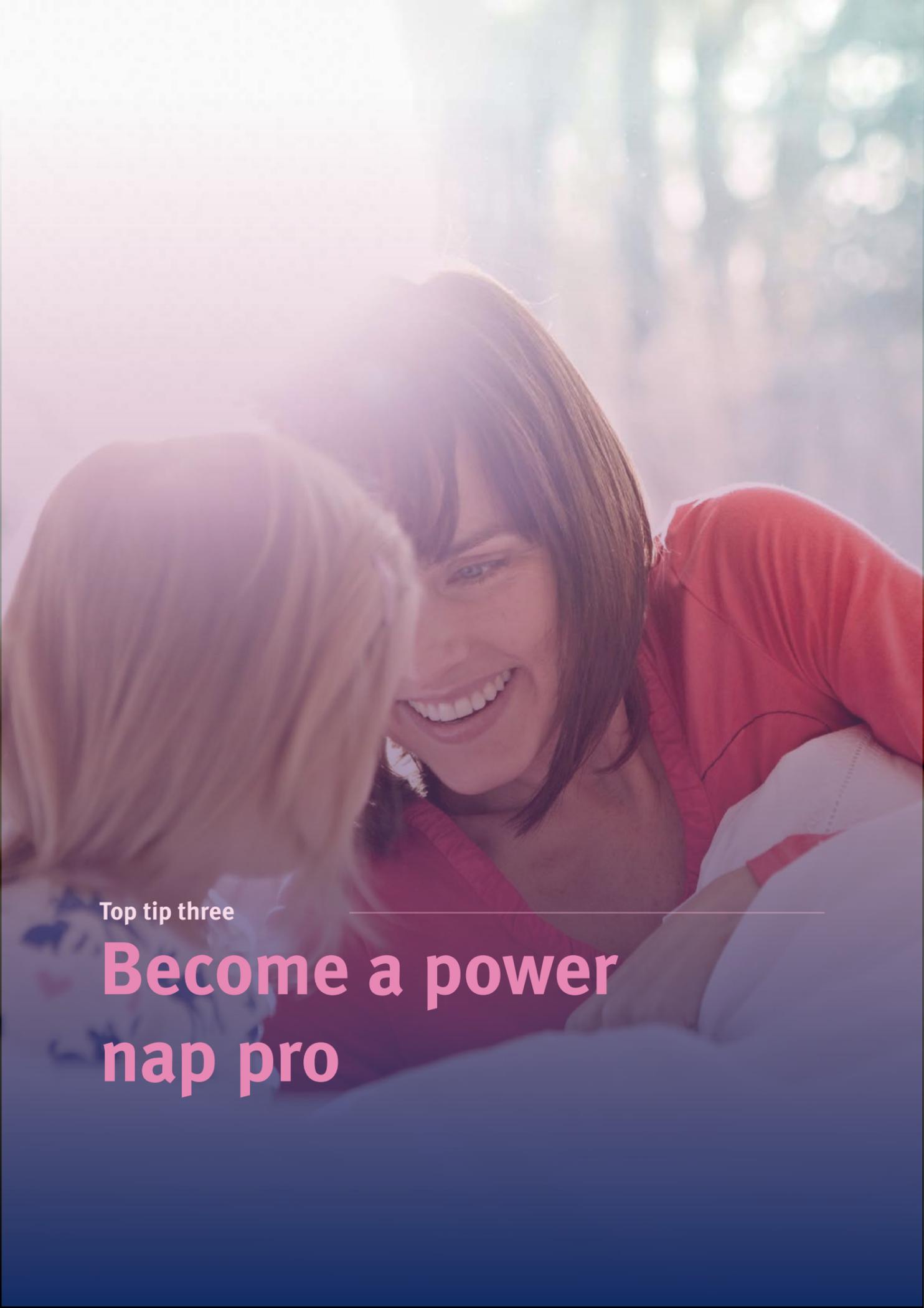
**Routine, routine,
routine. And
routine again.**

ROUTINE, ROUTINE, ROUTINE. AND ROUTINE AGAIN.

Having a good sleep routine can be beneficial for anyone. Getting up at a similar time each day and implementing a sleep routine can help you and your baby rest well.



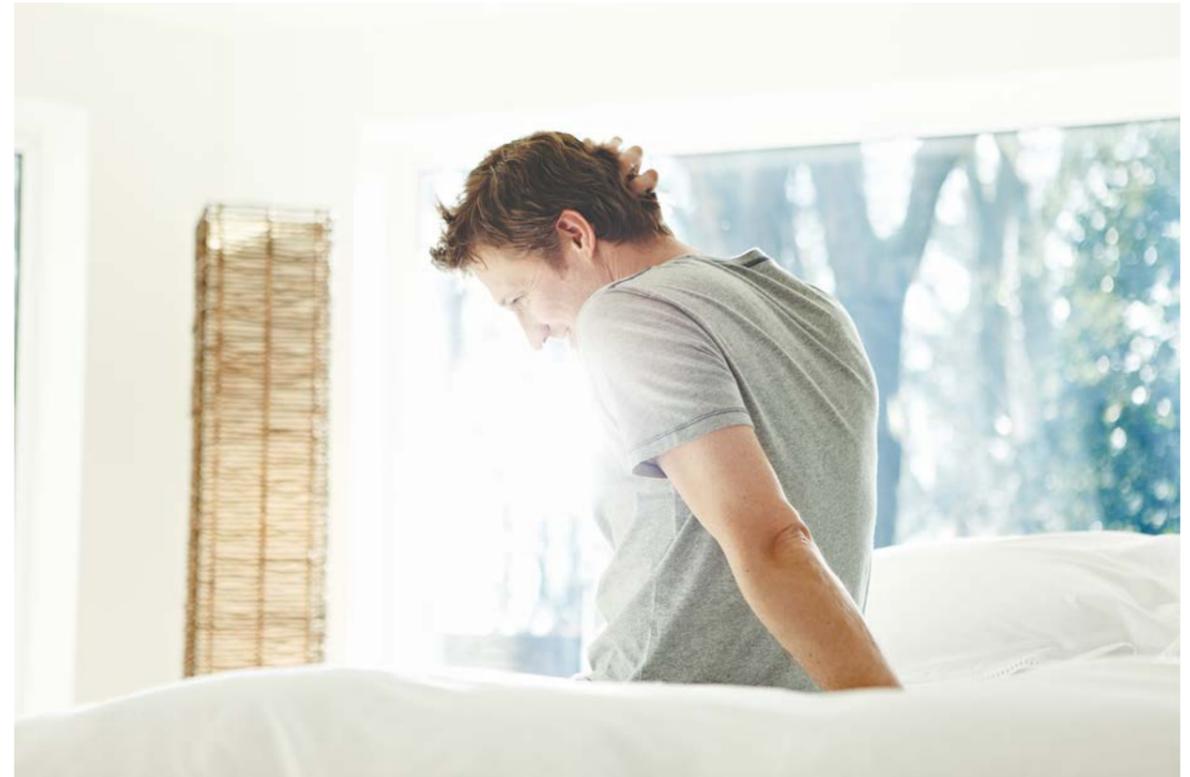
Try having a bath, some food, and then bed each night at the same time to manipulate your infant's body clock. Before you know it, you'll be yawning at the sound of the bath running.



Top tip three

Become a power nap pro

BECOME A POWER NAP PRO



Your baby is going to nap... a lot! But try to promote the bigger stints of sleep at night. It may be hard to wake up your sleeping beauty, but sleeping for too long in the day can rob the precious hours on a night.

Top tip four

Don't rush in

DON'T RUSH IN



New parents may find it hard to put their baby down. This is understandable, but babies often wake up, babble and go back to sleep. Give them some time before intervening to see if they can resettle themselves.



Top tip five

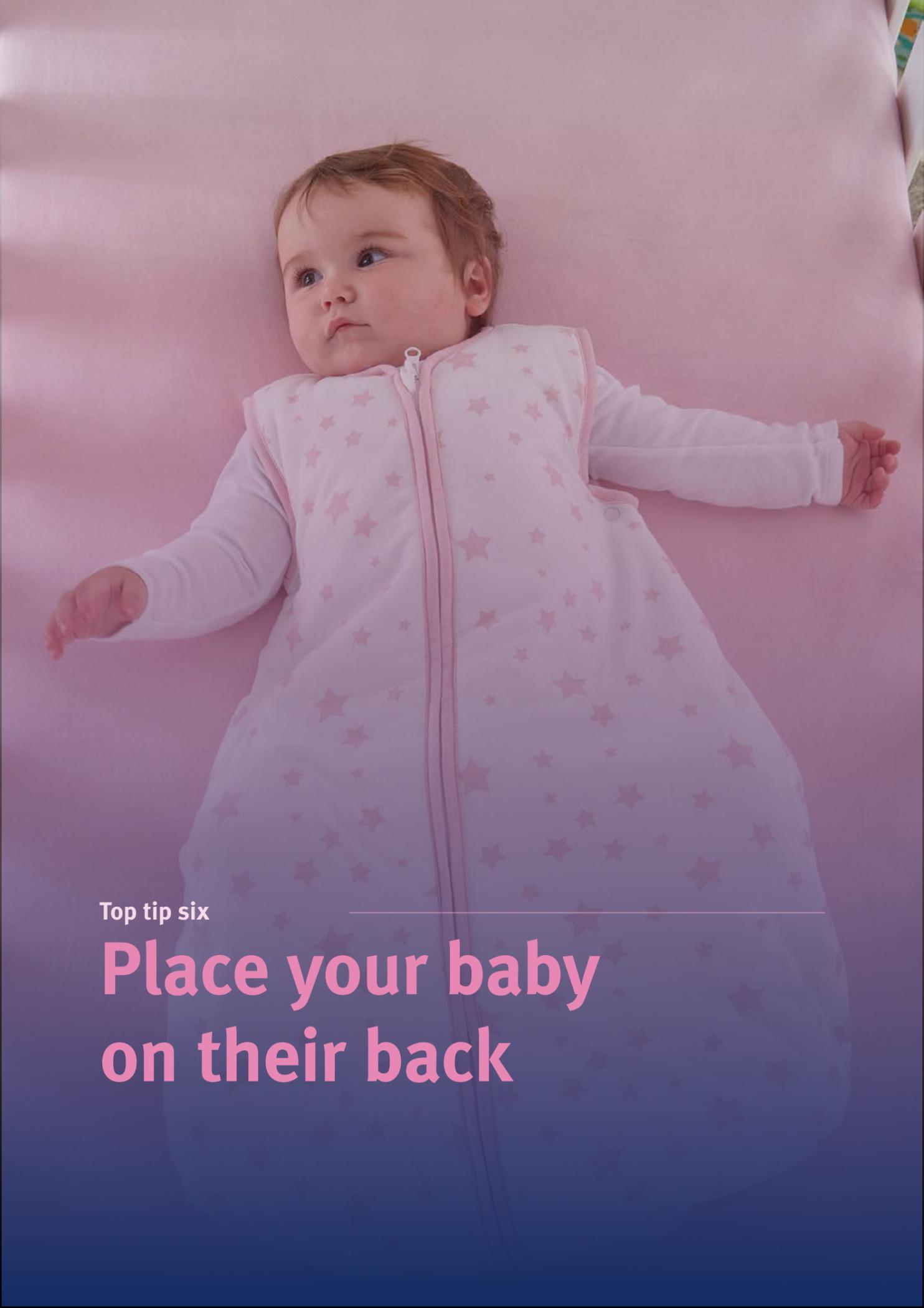
Dream feed

DREAM FEED

A dream feed is where you feed your baby whilst they are still half asleep before going to bed yourself. This aims to prevent the infant getting hungry in the early hours, in turn giving the parents a better night's sleep.



In theory this is great, but unfortunately it doesn't always work; some babies are more prone to waking up and this night-time feed can't promise avoiding an early hour wake up call.



Top tip six

Place your baby on their back

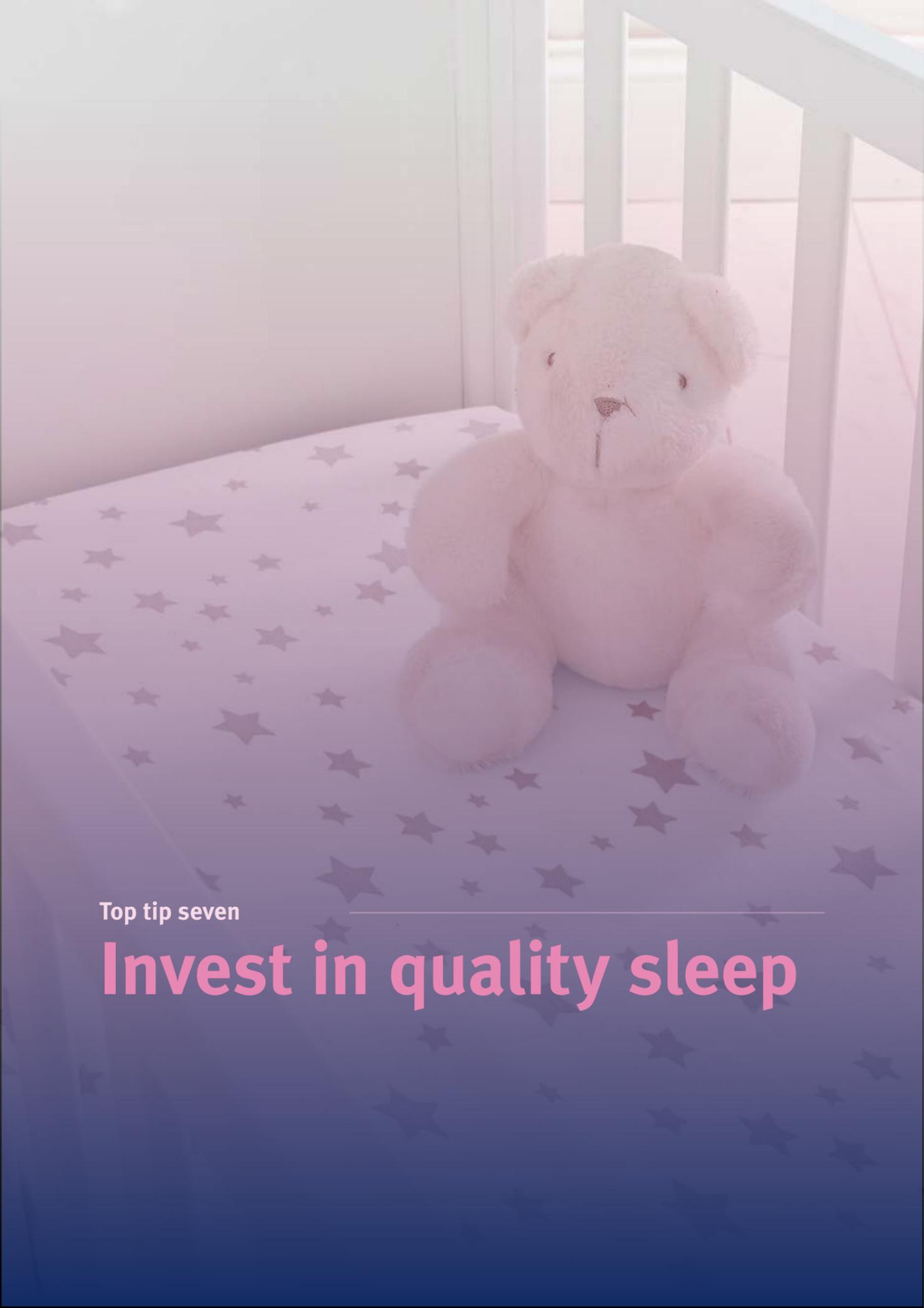
PLACE YOUR BABY ON THEIR BACK

It's advised by the [Lullaby Trust](#), that parents should always place their baby on their back when going to sleep. This is to reduce the risk of SIDS (sudden infant death syndrome).

At present, the NHS doesn't know what causes SIDS (or cot death) but research has found that placing a baby on its back to sleep drastically reduces the risk of SIDS compared to them sleeping in their tummy or side.



This advice is relevant to all babies, but most importantly newborns to six months old. Once babies reach six months, they begin to turn and wriggle more. So, if you place your baby to sleep on their back but wake up to find them on their tummy, don't panic. Simply turn them over and lay them back down on their back.



Top tip seven

Invest in quality sleep

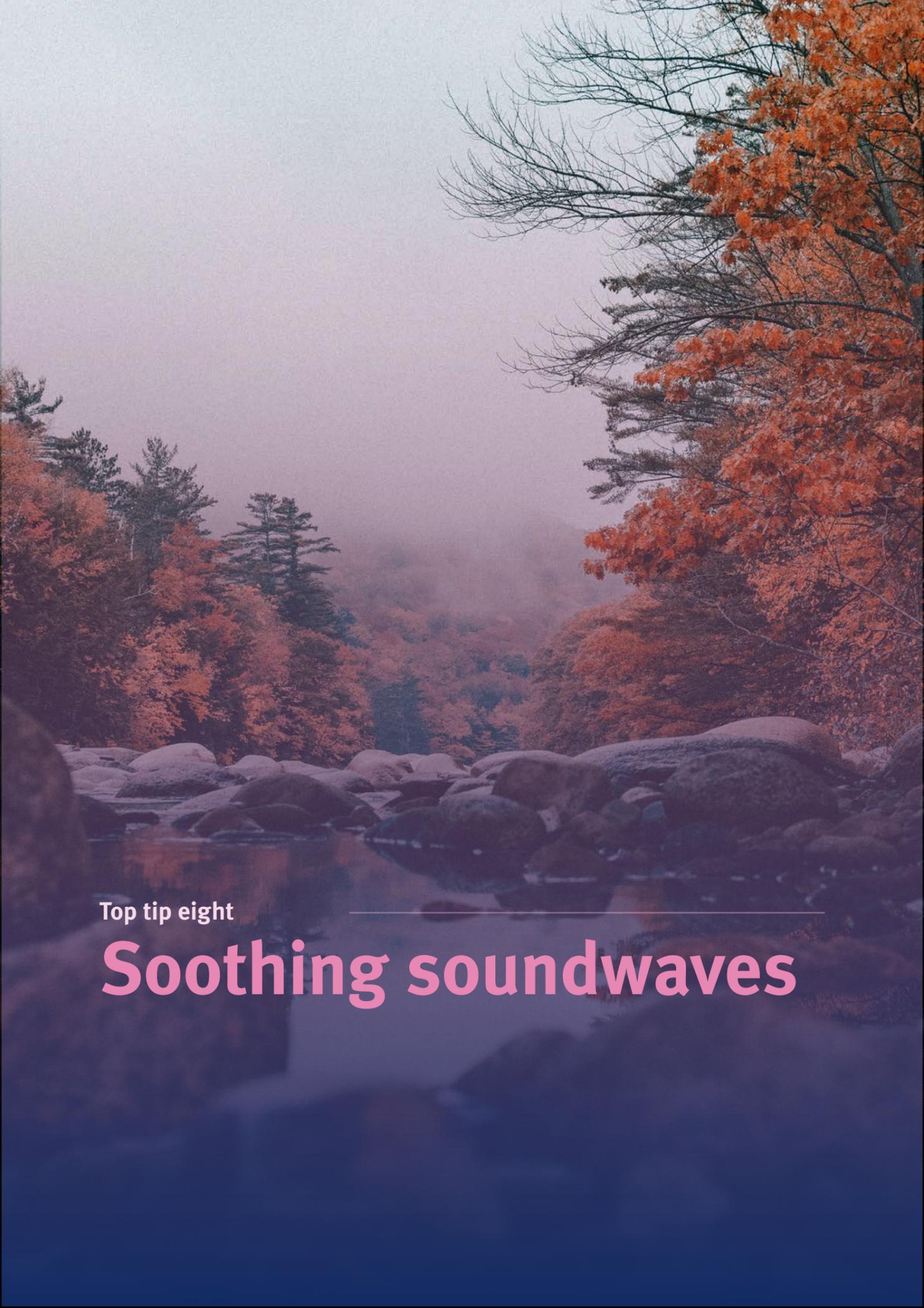
INVEST IN QUALITY SLEEP

The link between quality sleep and health and well-being is no secret. We know that good, quality sleep promotes healthy growth and mental development in adults and children alike.

That's why it's so important to find a mattress that's designed to give all the support and comfort your baby needs.



The Silentnight Safe Nights range is specially designed to help your baby grow up healthy and strong. All mattresses are foam and chemical-treatment free.



Top tip eight

Soothing soundwaves

SOOTHING SOUNDWAVES

Research shows that certain sounds can help us drift off to dreamland. More specifically, the sound of ocean waves. This is partly because our brains are designed to interpret noises as either threatening or non-threatening, which is why the soothing bob of an ocean wave can have a calming effect.



So give it a go, get your laptop out, play a 5 hour water playlist and see how well it works!



Top tip nine

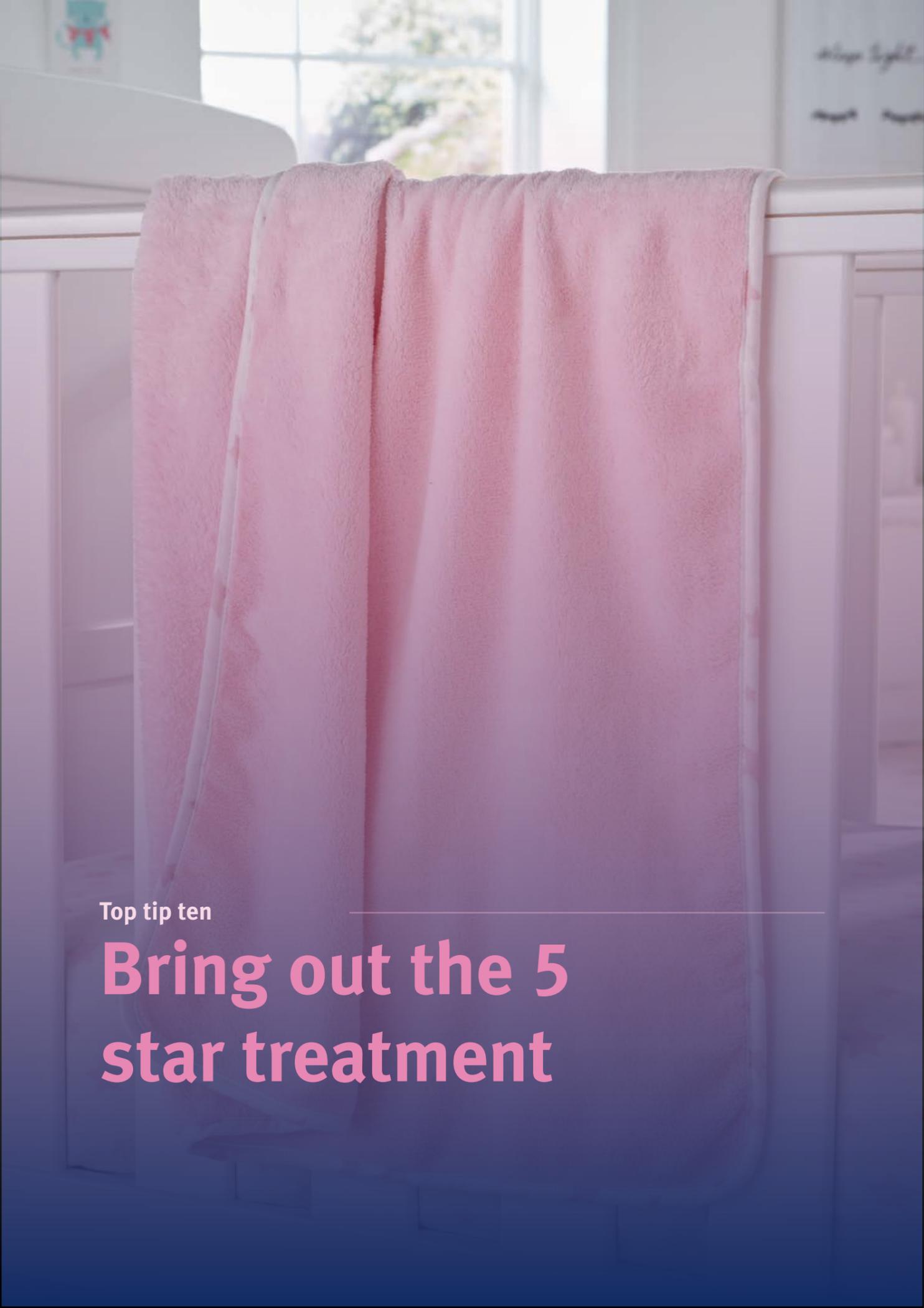
Independence Night

INDEPENDENCE NIGHT

It's really important to try and help your baby sleep independently. One approach is to lay your baby down when they're drowsy, but still awake.



The reason for this is babies, like us adults, will wake-up through the night – which is perfectly natural. However, a baby doesn't innately know how to then go back to sleep. By allowing them to fall asleep independently of your help or care will teach them how to fall back to sleep after they've awoken through the night.



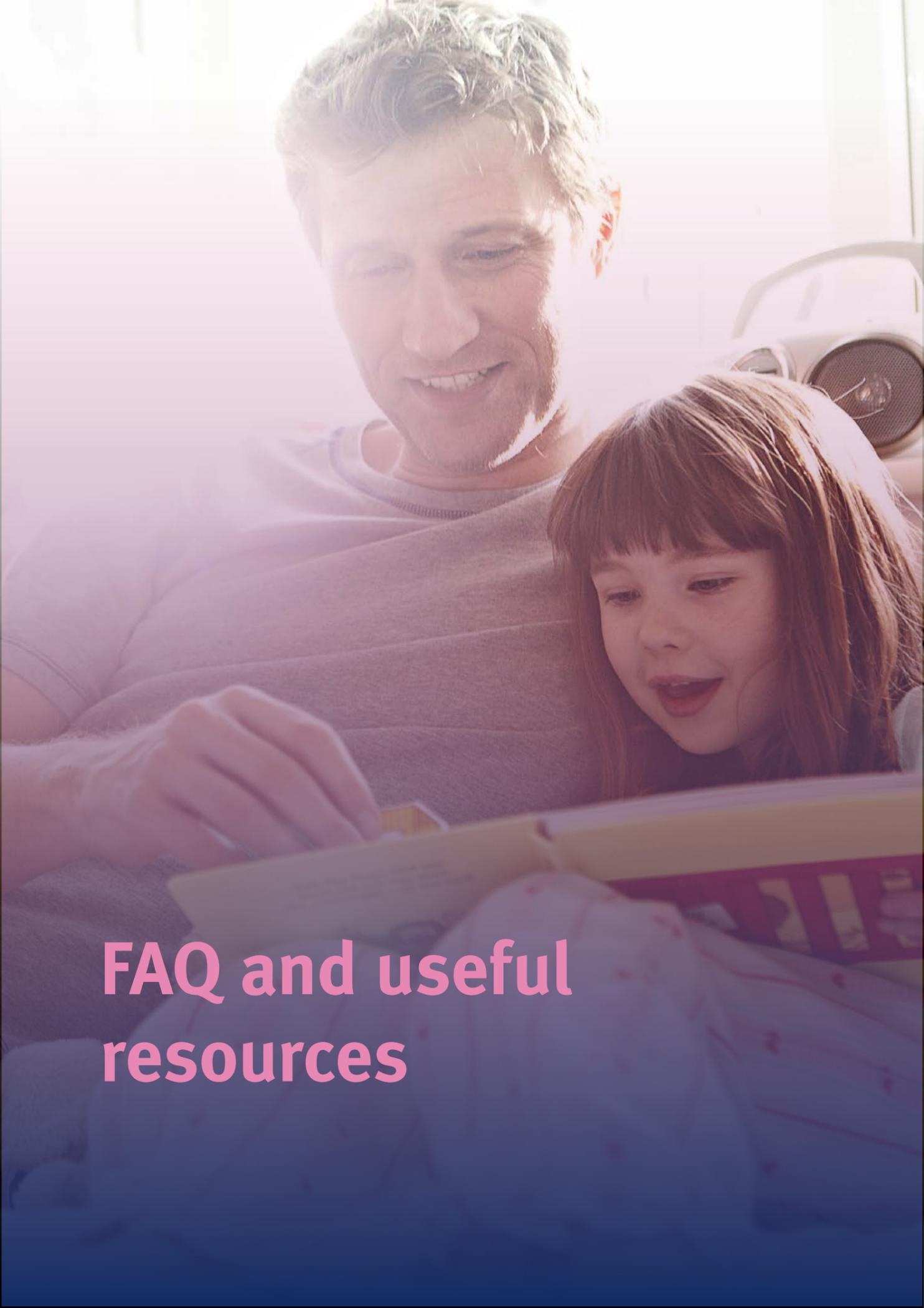
Top tip ten

Bring out the 5 star treatment

BRING OUT THE 5 STAR TREATMENT



Who doesn't love a little luxury in their lives? Studies from the University of Miami have shown that a 15 minute gentle massage before bed will help your newborn fall asleep faster and more soundly than those who don't.



FAQ and useful resources

FAQ

How much sleep does my baby need?

As with adults, this is purely subjective and depends on the individual. However, the NHS have aggregated how much sleep, on average, a baby needs across a 24-hour period (including naps):

- **Newborn babies** tend to need anywhere from 8 to 18hrs sleep across the day and can vary quite dramatically depending on night feeds and other disturbances to their sleeping patterns.
- **3 to 6 month old babies** will need fewer night feeds, so will generally sleep undisturbed for longer. Some will achieve 8hrs sleep a night and by 4 months old may be spending twice as long sleeping at night as they do through the day.
- **6 to 12 month old babies** will sleep for up to 12 hours a night as night feeds become fewer, if not non-existent. Night-time disturbances will mainly come from teething or hunger.
- **From 12 months-old** babies will sleep for around 12-15 hours.

My baby is having problems sleeping – what should I do?

It's perfectly natural for your baby to alter their sleep patterns. Especially when growth spurts, teething and other factors can affect sleep length and quality.

Where should my baby sleep?

The NHS advise that for the first 6 months your baby should sleep in the same room as you – both day and night.

When will my baby start sleeping through the night?

As ever, this can vary from baby to baby. Most newborns need approximately 16 hours of sleep and they don't discriminate between day and night sleeping.

However, many babies will start sleeping at night between the ages of 3 and 6 months. If you're having trouble instilling a sleep routine, seek advice from your health visitor who will be able to help.

How much should my baby be napping?

Newborns have no real rules when it comes to sleeping – they'll often do it when they want and where they want.

Between the ages of 1-6 months, they'll start to settle into a 3-naps-a-day routine, which will eventually reduce to just 1 nap-a-day after a year.

However, if your baby is having persistent problems sleeping or you want more advice, the NHS advise you speak to a health visitor about helping to instil a regular sleep routine.

Sources

Looking for more advice? There's a host of handy resources out there that can put your mind at ease and make life with your little one easier.

[NHS – Your pregnancy and baby guide](#)

[WebMD – Answers about your baby's sleep](#)

[Lullaby Trust](#)

[Parents.com – Your Newborn: 30 tips for the first 30 days](#)

[Baby sleep tips](#)

[Why it's important to place your baby on their back for bed](#)

[Top 5 New Baby Sleeping Tips](#)

[Top tips for getting your baby to go to sleep](#)

