



# COMPASSION PEDIATRICS

## Sleep

Babies do not have regular sleep cycles until about 6 months of age. While newborns sleep about 16 to 17 hours per day, they may only sleep 1 or 2 hours at a time. As babies get older, they need less sleep. However, different babies have different sleep needs. It is normal for a 6-month-old to wake up during the night but go back to sleep after a few minutes. Remember that babies should always sleep in their own crib at night and not with the parents in their bed.

### First Few Weeks of Life:

In the first few weeks of life, babies mostly sleep and eat. Typically, they stay awake for 1-2 hours and are ready to go back to sleep. When they are awake and not eating, you can talk with them, play music, or place the baby on an activity mat.

### 1 Month and beyond:

At this age, infants typically begin to understand day and night and usually begin to sleep more at night and stay awake more during the day. It's important to start a bedtime routine in the evening and it should be consistent throughout the week. Most infants at this age do not need to be awoken for a feeding at night and are fine to go 6-8 hours without feeds. Examples of bed time routines include bath, massage, and/or lullaby's before placing the infant in their crib. Make sure to reduce stimulation by having the room be dark and if the infant does wake during the night for feeds/diaper changes make sure to give minimal stimulation.

#### Source

<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/default.aspx>