

## *Infant Sleep*



### NEWBORN

- Mother should sleep when infant sleeps
- Sleeps 16-20 hours per day total
- By 2 weeks of age -one or two periods of 5-6 hours per 24 hours (individual pattern depends on temperament and energy level)
- Awake for feeding about every 3 hours
- Awake only short periods and seldom awake without fussing
- Sleeps through household noises; turns off stimuli around him so quiet environment not necessary

### 2 MONTHS

- Mother - needs at least one sleep period of 6 hours for sufficient deep sleep
- Baby -has one period of 6-7 hours and sleeps a total of 16-20 hours per day
  - filters out household noises
  - Awake for longer periods without fussing

### 2-4 MONTHS

- Sleeps for longer periods at night(6-8 hours); total of 15-16 hours per day, naps morning and afternoon
- Night feedings discontinued when able to take larger feedings during the day
- Sleeps through family noises - being kept within family activity area or having music played during naps continues ability to sleep through normal sound levels
- By four months of age baby is aware of separation from mother and may have difficulty falling asleep

#### 4 MONTHS

- Fussy at bedtime
- Sleeps 8-10 hours at night with naps in the morning and afternoon
- Try leaving dim light or music on
- Keep baby in crib, but bring to where family is ; baby is self quieting with the security of being near others

#### 6 MONTHS

- Sleeps for 10-12 hour period at night
- Awake for 4 hour periods
- Less fussing when put to bed

#### 6-8 MONTHS

- Less fussing at bedtime ; may need favorite toy or blanket
- Sleeps through night; awakens early, does not cry, can amuse himself for a short period
- Still needs two naps

#### 8-14 MONTHS

- By 9 months of age most infants awaken only once during the night. The majority of these infants put themselves back to sleep without parental intervention.
- Very important that parent or caregiver puts the child to bed while he/she is still awake so that infant learns how to put himself to sleep.
- Baby often needs help slowing down. Establish bedtime routine with quiet time with parents reading or music.
- May only need one nap
- Crib safety- may try to climb out. Lower mattress; consider mattress on the floor or bed with siderails.