



## Sleep Patterns Change!

- Newborns sleep 16 hours per day. They start sleeping in active sleep and move to quiet sleep after about 20 minutes.
- By 6-8 weeks, they will sleep more at night.
- By 12 weeks, babies sleep more like adults and begin sleep cycles in quiet sleep. They wake up less often.
- Older babies sleep 13-14 hours per day.



## Tips for Sleepy Parents

- Wait a little while to put baby down after feeding, or put baby down while he is drowsy but still awake.
- Play time and physical activity during the day are important for good sleep at night.
- Turn off lights and TV where the baby sleeps.
- Rest while your baby sleeps (even sitting quietly can help you feel more rested).



Adapted from the California WIC Program.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).

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# Healthy Sleep: For You and Your Baby

When babies are young, waking keeps them safe and healthy.



Waking up with babies can be hard for new parents. Knowing what to expect will help you feel more relaxed and confident.



# There are 2 types of infant sleep: "Active Sleep" and "Quiet Sleep"

Every time a baby falls asleep she spends time in each type of sleep. The light sleep is called "Active Sleep" and the deep sleep is called "Quiet Sleep."

## During Active Sleep

- Babies dream
- Babies wake up easily
- Babies' brains are stimulated to grow and develop
- Babies may move around and make noises



## During Quiet Sleep

- Babies don't move very much
- Babies make sucking movements
- Babies might startle
- Babies take longer to wake up



Active sleep causes blood and nutrients to go to your baby's brain. Babies brains **need** active sleep to grow and develop!

## Waking at Night

How many times do most babies wake up at night?

0-8 weeks:	3-4 times
2 months:	2-3 times
4 months:	1-2 times
6 months:	0-1 time

If your baby wakes up a lot more than this, ask someone at WIC for advice.

Quiet sleep is deep sleep and is important for the brain to rest.



Dreaming is healthy for babies. When babies are dreaming they are easier to wake up.

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Healthy Sleep: For You and Your Baby** (brochure)

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