



Baby sleep well...

Factors affecting baby's sleep	How much sleep should a baby get?			
<ul style="list-style-type: none"> • Day-night pattern of wake and sleep takes several months to get established • Small size stomach, so regular feeding needed • Awaking is also a mechanism of survival • Babies do not sleep all night-every night until they are close to a year old • Wet diaper • Teething • Insect bites (use a net to cover the baby cot) 	Age	Daytime sleep	Night-time sleep	Total sleep
	Newborn	8hrs (3 naps)	8hrs 30mins	16 hrs 30 mins
	1 month	6hrs to 7hrs (3 naps)	8hrs to 9 hrs	14hrs to 16 hrs
	3 months	4 hrs to 5hrs (3 naps)	10hrs to 11 hrs	14hrs to 16hrs
	6 months	3 hrs (3 naps)	11hrs	14hrs
	9 months	2hrs 30mins (2 naps)	11hrs	13hrs 30 mins
	12 months	2hrs 30mins (2 naps)	11hrs	13hrs 30mins

Sleeping environment	Sleeping training methods
<p>Creating a safe sleep environment can help improve sleep and reduces the risk of SIDS (Sudden Infant Death Syndrome)</p> <ul style="list-style-type: none"> • Temperature – babies should sleep in a slightly cool temperature. Signs to look out for to check if your baby is too hot or too cold. Too hot – sweaty and dampness of hair. Too cold – chest area is cold (hands and feet are often cool to touch), blue lips. • Clothing – onesies, swaddles (from 0-5month babies has the startle reflex – tight swaddle improves baby's sleep), sleep bags. • Position - sleeping on his/her back with feet touching the end of the crib. • Location – In the same room as a parent for the first 6 months • Bedding – the crib should be empty with no loose covers. Mattress should be firm. Avoid the use of sleep positioners and foam wedges/rolls. • Noise – some babies enjoy 'white noise' (ex. Fan) others prefer a quiet lullaby • Dark room –like adult's babies do like to sleep in a dark or dimly-lit room • Smoke free environment 	<p>A number of different sleep training methods – Personal choice</p> <ul style="list-style-type: none"> • "Golden Rule" is to allow your baby to fall asleep on his/her own so that your baby can learn to comfort themselves. Put your baby down when he's clam and sleepy and see if he can settle himself. • Establish a routine in the first few months, usually after the 3rd. This helps baby differentiate day and night and helps create a soothing night time routine. • Limit the lengths of the naps during the day
	Medical causes of poor sleep
	<ul style="list-style-type: none"> • Gastroesophageal Reflux • Food Allergies and Intolerances • Respiratory or Ear Infections
When should you use medication?	
<ul style="list-style-type: none"> • Severe sleep disorders • Medication as well as behavioural treatment may be needed. • Only prescribed by a specialist after a thorough discussion with the parents. 	

Please speak to your doctor or your well-baby nurse today if you are unsure or have any questions regarding sleeping issues.