

GOOD SLEEP HABITS

Sleep Patterns of Infants

0-3 months

Newborns spend about 14 to 17 hours sleeping each day. At this age, sleep is broken into shorter periods as they need to eat more frequently.

3-6 months

At this age, the amount of time babies sleep drops to around 12 to 15 hours a day. They usually sleep for longer periods as they can go longer without feeding.

6-12 months

Starting at around 6 months, babies sleep for about 11-14 hours a day, mostly at night, though awakenings may happen throughout the night.

Sleep is important for babies' development. During the first year of your child's life, it can be a bit challenging to adjust to their sleep schedule. Don't worry if your infant isn't following all the sleep patterns. Here are some things you can try doing to help your baby have more consistent sleep habits, especially as they approach 12 months of age.

Create a comfortable sleeping environment.

If possible, keep lights dim, noise levels low, and temperatures cool. It is important for your baby to know that it's time for sleep, not play.



Keep things in perspective.

Understanding your baby's unique habits can take time. It can be easy to feel overwhelmed. If you have questions or concerns, talk to your child's provider.



Have a calming bedtime routine.

To prevent overstimulation before bedtime, try bathing, reading, singing, or cuddling before putting your baby to bed every night.

Encourage them to fall asleep on their own.

Try to put your baby to bed sleepy, but awake. This will help them learn that the bed is a safe place to fall asleep.

GOOD SLEEP HABITS

Children who get enough sleep:



Get sick less often



Focus better in school



Manage stress better

Getting a good night's sleep is very important for children's mental health, physical health, and overall well-being. Here are some things you can try to help your child get better sleep:

Have a regular naptime and bedtime routine.

Read a book, sing a song, or talk quietly with your child before bed. Having consistent naptimes and bedtimes helps everyone's routines go more smoothly.

Play active games during the day.

Getting enough movement during the day helps your child fall asleep easier at bedtime.

Get support from a health care provider if needed.

Talk to your child's provider if your child experiences frequent awakenings, nightmares, night terrors, or sleepwalking.

Create a comfortable sleeping environment.

Keep lights dim, noise levels low, and temperatures cool. It is important that your child's bed is appropriate for sleep, rather than play.



Limit screen time, especially in the evenings.

Try to keep screen time to a minimum during the day and avoid screen use before bed. Light from the screens may keep children from feeling sleepy at night.

GOOD SLEEP HABITS

Children who get enough sleep:



Get sick less often



Focus better in school



Manage stress better

Getting a good night's sleep helps your mind and body stay healthy. Here are some things you can do to get better sleep:



Sleep in a comfy place.



Move your body during the day.



Have a regular bedtime routine.



Avoid using screens before bed.



Talk to an adult about sleep problems.



Sleep at the same time every day.

GOOD SLEEP HABITS

Having good sleep habits can:



Prevent sickness and disease



Help with concentration, learning, and memory



Help with stress management

Getting a good night's sleep helps your mind and body stay healthy. It is recommended that children 6-12 years old get 9-12 hours of sleep every night. Here are some things you can do to get better sleep:

Sleep in a comfortable place.

When your body is comfortable and relaxed, you fall asleep easier and stay asleep longer. Sleeping in a cool, dark, and quiet room can help you sleep better.

Have a relaxing bedtime routine.

A bedtime routine helps your mind settle down before sleeping. Taking a warm bath, writing in a journal, and reading a book are great ways to practice self-care at night.

Sleep at the same time every day.

Having a consistent bedtime makes waking up easier. Your body likes routine!

Move your body during the day.

Getting enough exercise helps you fall asleep quicker at night.

Avoid using screens before bed.

Light from electronic devices may keep you from feeling sleepy at bedtime.

GOOD SLEEP HABITS

Having good sleep habits can:



Prevent sickness and disease



Help with concentration, learning, and memory



Help with stress management

Getting a good night's sleep helps your mind and body stay healthy. It is recommended that children 13-18 years old get 8-10 hours of sleep every night. Here are some things that can help improve your quality of sleep:

Sleep in a comfortable environment.

Sleeping in a cool, dark, and quiet room can improve your quality of sleep and help you stay asleep longer.

Have a consistent bedtime routine.

Sleeping at the same time every day makes waking up easier. Having a bedtime routine also helps your mind settle down before bed. Taking a warm bath, journaling, and reading a book are great ways to practice self-care at night.

Move your body during the day.

Getting enough exercise helps you fall asleep quicker at night.

Avoid using screens before bed.

Light from electronic devices may keep you from feeling tired at bedtime.

Avoid procrastinating on tasks.

Try to get your work done as soon as possible so that you can wind down at the end of the day.

Don't force yourself to sleep.

Trying to force sleeping can do more harm than good. If you have trouble falling asleep, get out of bed and do something that will calm you down until you feel sleepy.

SLEEP DURING PREGNANCY

Having good sleep habits can:

- Prevent pregnancy complications
- Help with concentration, memory, and decision-making
- Help with stress management



Physical changes to your body, fluctuating hormones, and emotions surrounding your pregnancy can all contribute to sleep problems. If you are having trouble getting a good night's sleep, you are not alone. Here are some things that can help improve your quality of sleep:

- Sleep in a cool, dark, and quiet room.
- Stick to a relaxing bedtime routine to help you wind down from the day.
- Avoid using screens before bed.
- Move your body during the day.
- Drink plenty of water during the day, but reduce the amount before bed to avoid frequent urination.
- Avoid caffeine, spicy foods, and heavy meals before bedtime to prevent acid reflux.
- If you feel stressed or overwhelmed, don't be afraid to share your thoughts with a trusted person and/or get professional help.
- Don't force yourself to sleep. If you have trouble falling asleep, get out of bed and do a calming activity until you feel sleepy.
- Sleep in a comfortable position.
 - Sleeping on your left side is the recommended sleeping position for pregnancy. You can use pillows between your knees and under your belly to support your body.

