

BABIES AND SLEEP

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An over-tired baby is hard to settle. It's useful to look out for signs that would suggest your baby is tired.

Is my baby ready for sleep?

A newborn will spend the majority of time sleeping in the first couple of weeks, after this you may find your baby can stay awake for up to an hour after a feed before needing to sleep.

What are the signs I need to look out for?

- * Turning head away from you.
- * Arching back and becoming fussy.
- * Rubbing head and trying to nuzzle down on your shoulder.
- * Winging, yawning, or rubbing eyes.
- * Moving head from side to side.

What should I do at this stage?

As soon as your baby displays any signs, remove toys or stimulation and place down for sleep. Your baby may moan for a few minutes, this is just their way of settling. Try and get in the habit of putting your baby down when awake to encourage them to learn to self soothe.

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