

Infants (1 day - 6 months):

- Expect sleep spans of 2-3 hours, with lots of feedings and diaper changes during the waking periods. Infants need these frequent feeds, as they are growing incredibly fast.
- Wake infants less than 30 days old if they have slept longer than 5 hours, as their blood sugar can drop causing them not to wake.
- Naps can happen throughout the day and vary in duration, from short cat naps to longer naps of 1-3 hours.
- At 4-6 months, many babies nap to about twice per day — usually in the morning and early afternoon.
- Babies don't consistently start sleeping for 6 hours straight until about 4 months of age.
- Biologic clocks are influenced by light, sound and events like feedings, playtime, cuddle-time and so on.
- The more stimulated into wakefulness the baby is during the day, the less sleep will occur at that time. The idea here is that if you want your baby to "get their days and nights straight," you should:
 - Stimulate your baby at least every 2-3 hours in the day, with feedings, playtime and light exposure.
 - Keep things mellow at night, with limited and low light exposure, darkening blinds, a temperature of 68-82 degrees and white noise.

Older Babies (6 - 12 months):

- Awakenings may still occur but may physiologically require help for the baby to return to sleep. Your own sleep philosophy and your actions/decisions will have a significant impact on the baby's sleep pattern.
- By 6 months, the majority of healthy infants can start sleeping for spans of up to 10 hours, and typically, do not require night feedings anymore. They don't *need* a parent or feeding; they *want* a parent or to be fed.

Encouraging Good Sleep Habits:

- Keep the sleep environment simple without interventions that can be problematic (laying next to, back-rubbing)
- Establish consistent bedtime routines that last less than 20 minutes (eg. bath, brush teeth, story, bed).
- Do the SAME bedtime routines EVERY night, at the SAME time, in the SAME way.
- Once bedtime routine is complete, place child in bed with transitional sleep object while they are AWAKE, and then leave room.
- Expect your child to become upset and cry. Stay calm. Set a timer for 5 minutes, if crying continues, verbally reassure the child.
- Follow this routine ***for as long as it takes***. How YOU respond is very important. Remember that you are teaching lifelong sleep habits. Just as children learn how to walk, they also learn how to fall asleep.
- Begin this process with bedtime, not naps. Understand that the first 1-3 days are the worst – BE CONSISTENT!
- Some Common Pitfalls:
 - Not being consistent EVERY night.
 - Not doing same routine long enough (at least 2 weeks) to establish a healthy habit.
 - Long bedtime routine where your child is drowsy when you put them down NOT awake.
 - Parents not being on same page with sleep routines. Parenting is a TEAM sport.

- Why teach a child self-settling skills to fall asleep independently?
 - The child gains security and confidence related to sleep with each successful night.
 - The child and parent enjoys a greater quality of sleep.
 - The child does not develop fears associated with going to sleep alone.
 - Most lousy adult sleepers were lousy sleepers as children.

Sleep Targets by age	Nighttime Sleep	Daytime Sleep
0-4 months	• 15-18 hours (in a 24hr period)	
4-6 months	• 11-12 hours nighttime sleep +	• 3-4 hours day (in three naps)
6-12 months	• 11-12 hours nighttime sleep +	• 2-3.5 hours day (in two naps)
12-18 months	• 11-12 hours nighttime sleep +	• 1.5-3 hours day (in one or two naps)

There are multiple ways to approach sleep with even more opinions. Our recommendations are based on more than 20 years of personal and professional experience. It is not *the answer, the right way or the only way* - just our professional opinion.