

# The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep: Newborn to 12 Months

Sleep is essential for both physical and mental health, and it is especially important for babies. Newborns need about 14-17 hours of sleep per day, and as they grow, they will gradually need less sleep. However, even older babies and toddlers need a good night's sleep to function at their best.



## The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep-Newborn to School Age by Heather Turgeon

★★★★☆ 4.6 out of 5

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If your baby is not sleeping well, it can be frustrating and exhausting for both of you. But there are a number of things you can do to help your baby get a good night's sleep.

## Newborns (0-3 Months)

Newborns sleep a lot, but they also wake up frequently to eat. This is normal, and it is important to feed your baby whenever they are hungry.

Here are some tips for helping your newborn sleep well:

- Create a regular sleep schedule. Even though newborns don't have a set sleep-wake cycle, it is important to start establishing a regular routine. Try to put your baby to bed at the same time each night and wake them up at the same time each morning.
- Make sure your baby's bedroom is dark, quiet, and cool. These conditions are ideal for sleep.
- Swaddle your baby. Swaddling can help to create a sense of security and comfort, which can help your baby to sleep more soundly.
- Use a white noise machine or fan. The sound of white noise can help to block out other noises that might wake your baby up.
- Be patient. It takes time for newborns to adjust to a regular sleep schedule. Don't get discouraged if your baby doesn't sleep well right away. Just keep at it, and eventually, they will get the hang of it.

### **Infants (4-12 Months)**

As your baby grows, they will start to sleep for longer stretches at night. However, they may still wake up once or twice to feed.

Here are some tips for helping your infant sleep well:

- Continue to follow a regular sleep schedule.
- Make sure your baby's bedroom is still dark, quiet, and cool.

- Consider using a sleep sack instead of a swaddle. Sleep sacks are designed to keep babies warm and secure without restricting their movement.
- Offer your baby a pacifier if they are sucking on their hands or fingers. A pacifier can help to satisfy your baby's need to suck without filling their tummy.
- Be consistent with your bedtime routine. A consistent routine can help your baby to learn what to expect and make it easier for them to fall asleep.

### **Toddlers (12-36 Months)**

Toddlers need about 11-14 hours of sleep per day, including naps. Most toddlers will take one or two naps per day.

Here are some tips for helping your toddler sleep well:

- Continue to follow a regular sleep schedule.
- Make sure your toddler's bedroom is still dark, quiet, and cool.
- Limit screen time before bed. The blue light emitted from screens can interfere with sleep.
- Create a relaxing bedtime routine. This could include reading a book, singing a song, or giving your toddler a massage.
- Be patient. Toddlers are going through a lot of changes, and they may not always sleep well. Just keep at it, and eventually, they will get the hang of it.

Getting your baby to sleep well can be a challenge, but it is definitely worth it. A well-rested baby is a happy baby, and a happy baby makes for a happy parent.

If you are struggling to help your baby sleep well, talk to your doctor. They can help you to rule out any underlying medical conditions that may be affecting your baby's sleep.

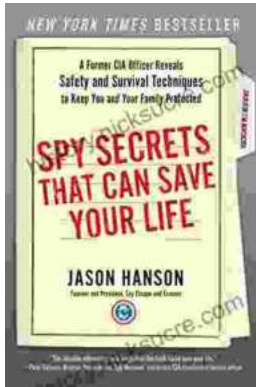


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