

# Sleep Facts



Solid foods do not promote longer sleep and starting too early is bad for babies

## Newborns

- Sleep 16 hours per day, just not all at once
- Wake up frequently and are easily awakened
- Have sleep cycles that are about 60 minutes long, so it is normal to wake up every 1-2 hours
- Begin sleep in active sleep and spend an equal amount of time in active and quiet sleep

## 1 1/2 to 2 months

- At 6 weeks old, babies tend to tire after about 1 1/2 hours
- Around 6-8 weeks of age, babies start to sleep more at night
- From 2-12 months of age, babies sleep 13-14 hours per day
- Time in active sleep gets shorter, so babies will not wake as easily



Breastfed infants may wake up more than formula fed infants, but it is because they spend more time in active sleep. Active sleep is good for babies!



## 3 months

- Babies tend to tire after about 2 hours
- Sleep patterns become more predictable
- At 3 months, 30% of babies can sleep for 6 hours at a time
- Sleep cycles begin in quiet sleep, so it is easier to put the baby down without waking

Babies should always be put on their backs to sleep to prevent SIDS