

## Sleep Tips: *Help Your Baby Learn to Be a Good Sleeper!*

Revised January 18, 2018

- **Major causes of unsafe sleep deaths in babies under the age of one are suffocation and strangulation.** Your baby is safe when he/she sleeps alone on his/her back in a crib or bassinet with no crib bumpers, blankets, pillows or toys. Do this every time the baby sleeps. If you don't have a safe place for your baby to sleep, tell your doctor, nurse, social worker or teacher.
- **During the first weeks of your baby's life you should always respond when he/she cries but keep the room dark and limit talk and play.** Quiet contact will help your baby fall back to sleep.
- We all have to LEARN to fall asleep. Be patient.
- Help your baby know it is bedtime by having a short, simple routine. Pick the same things to do and **do them in the same order every night.** This can include giving the baby a bath, putting on his/her sleep sack, feeding, reading a book, (*do not use cell phones, tablets, computers, etc.*), singing, snuggling.
- Try to put your baby in the crib when he/she is **sleepy but still awake.** This helps infants to become used to their sleep place and to feel safe when they wake up and you're not there.
- **Help your baby learn the difference between day and night.** Lots of daytime light helps babies sleep better at night so try to keep your home bright during the day. At night, the room for sleeping should be dark. **NO TV, video games, bright lights, loud noises.** In general, your baby should be dressed in only one layer more than you are wearing. If you're worried about your baby getting cold, use infant sleep clothing such as a wearable blanket.
- Everybody wakes up during the night - this is normal. **Babies wake up a lot more** because their sleep cycles are shorter. And your baby's sleep cycles and patterns will change as they grow.
- Babies will make noise and move around while sleeping. **If they do wake up, they may just fall back to sleep on their own - great!** As they get older, babies will learn to soothe themselves back to sleep without help. Talk to your doctor or health care provider if your baby is having trouble getting back to sleep.
- **Remember:** Try to sleep when your baby sleeps or ask for help from family, friends or neighbors you trust so you can nap.
- **These tips can help you and your baby get more sleep!** You are both at your best with good rest. Your doctor or health care provider can help if you have more questions.



*"Evening, dim and dark.  
Daytime, light and bright.  
Helps babies sleep  
well at night!"*