

NEWBORN BABY



SLEEP GUIDE

The right bedtime:

Late!
10 pm - midnight

Total sleep in 24 hours:

14-18 hours

Night Feeds:

Every 2-4 hours

Night Sleep:

9-11 hours

Naps

- Needs to nap every 30 mins - 1.5 hours
- Nap lengths will vary



TIPS:

- Swaddling often leads to better sleep.
- Invest in a baby carrier!
- Wake baby after a 2 hr nap to help avoid day / night confusion.
- Fussiness may peak around 6 weeks.