



Sleep For Babies

How much sleep does my baby need?

- Infants up to three months of age should get 14-17 hours asleep in 24 hours.
- Infants up to four to twelve months should sleep 12-16 hours or sleep a day with 3-4 of those hours during the day.

What can I do to help my baby sleep?

- The American Academy of Pediatrics recommends room-sharing up to 1 year of age. This means that the crib, bassinet, or port-a-crib is in your room.
- Always place your baby on their back to sleep with a firm, flat surface. You can use a fitted sheet that fits tightly on the sleeping surface. DO NOT place anything else in the baby's bed such as pillows, toys, or bumper pads.
- Check for hazards near where the baby sleeps such as mobiles, window cords or ties.
- Only let your baby sleep in products made for sleep. Do not use swings, car seats etc. for you baby to sleep in.
- Start a bedtime routine that will be familiar and relaxing to your baby. Bathing, reading, and singing can soothe your baby. Your baby will learn the bedtime routine as you do it consistently every night.
- Try putting your baby into the crib or bassinet while drowsy. This will help the baby learn to fall asleep on their own. If the baby cries when you lay them down, soothe the baby without picking them up. Try to offer the pacifier.
- When the baby wakes up during the night for a feeding, keep the lights down low and try not to move the baby to play or talk a lot at night. Once the feeding is finished put the baby back in the bassinet.
- All sleep products should be approved by the US Consumer Product Safety Commission and meet federal safety standards.
- If you have any questions or concerns about your baby's sleep, contact your doctor.