



## Tips for Growing Your Baby's Brain

### Tip #6: Share Sleep with Your Baby

The biggest challenge in caring for a newborn is getting enough sleep. Understanding how babies sleep and making some adjustments can save a lot of stress for everyone.

Babies have short sleep cycles. For a newborn, it's between two and four hours, meaning that baby will wake up two or three times each night for about the first six months.

When falling asleep, babies enter into "light sleep," which lasts about 20 minutes. Then, if not disturbed, your baby will usually fall into "deep sleep."

When holding baby, wait until deep sleep begins before putting him down. Otherwise he may wake up upset. When babies are upset, parents can also become upset. This starts a cycle that is bad for everyone.

What will help? Put baby's crib or bassinet in your room close to your bed. This way you can respond quickly to your baby's needs with a comforting hand or breast without having to leave your bedroom. You will get better sleep, and your baby will feel more secure because you are close by.

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Young infants should always sleep on their backs, directly on the mattress, not on a squishy pillow or mound of blankets.