

Infant Sleep



NEWBORN

- Mother should sleep when infant sleeps
- Sleeps 16-20 hours per day total
- By 2 weeks of age -one or two periods of 5-6 hours per 24 hours (individual pattern depends on temperament and energy level)
- Awake for feeding about every 3 hours
- Awake only short periods and seldom awake without fussing
- Sleeps through household noises; turns off stimuli around him so quiet environment not necessary

2 MONTHS

- Mother - needs at least one sleep period of 6 hours for sufficient deep sleep
- Baby -has one period of 6-7 hours and sleeps a total of 16-20 hours per day
 - filters out household noises
 - Awake for longer periods without fussing

2-4 MONTHS

- Sleeps for longer periods at night(6-8 hours); total of 15-16 hours per day, naps morning and afternoon
- Night feedings discontinued when able to take larger feedings during the day
- Sleeps through family noises - being kept within family activity area or having music played during naps continues ability to sleep through normal sound levels
- By four months of age baby is aware of separation from mother and may have difficulty falling asleep

