

* Why does my baby wake up at night?

Newborns sleep a lot, but they do not sleep like adults. Most newborns take many short naps during the day and night instead of sleeping long periods at a time. Night-time waking can be hard for new parents. Knowing what to expect will help you feel more relaxed and confident.

Babies are supposed to wake up at night. Waking during the night keeps your baby healthy. Babies need to wake up to eat often. Babies also wake up to make sure you're near – to feel safe and comfortable. Remember, doctors recommend babies should be put on their backs to sleep.



* What can I expect?

Some babies need more sleep than others. As your baby gets older, his sleep will change and become more predictable. This is what you can expect:

Newborn to 6 Weeks

During his first 6 weeks, your baby's sleep will be hard to predict. He is still getting used to his new world. Your newborn sleeps for only a few hours at a time, and he will wake up many times, day and night. This is a normal sleep pattern.

6 to 8 Weeks

Your baby may sleep more at night because he will be awake more during the day. Waking through the night is still normal and healthy.

About 3 Months

At night, your baby will start sleeping for a longer time and wake up less often.

About 6 Months

Your baby may sleep up to 6 hours at a time.

Babies may have times when they wake up more often. These times could be caused by growth spurts, sickness, teething or changes in their routine.

What is happening when my baby sleeps?

Your baby needs to go through periods of both light and deep sleep. Both types of sleep are important for your baby's health.

Light Sleep

Babies need light sleep for their brains to grow and develop. Babies dream during light sleep. Dreaming is healthy for them.

During Light Sleep Babies:

- Move around and make noises.
- Have eye twitches or open and close their eyes quickly.
- Have fast and slow breathing.
- Dream.
- Wake up easily.

Deep Sleep

Babies need deep sleep for their brains to rest.

During Deep Sleep Babies:

- Don't move very much.
- Have relaxed and floppy arms and legs.
- Have regular steady breathing.
- Make sucking movements.
- Don't wake up easily.

Newborn babies fall asleep in light sleep. Some may wake up easily if you lay them down while in light sleep. Wait for signs of deep sleep before laying your baby down.

Lack of sleep can be hard on parents, but it's normal for babies to wake up often. Know that your baby will sleep for longer periods of time in a couple of months. Talk to your doctor if you are worried about your baby's sleep.



For more information about safe sleep,
go to <http://www.breastmilkcounts.com>

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