

The Newborn Sleep Guide

0-2 months



When you welcome your newborn into your life, you can't help but wonder where the phrase "sleeping like a baby" comes from! Newborns actually do sleep a lot - in fact most sleep up to 16-18 hours a day - but often never more than three or four hours at a time.

IT'S NORMAL FOR YOUR NEWBORN TO WAKE FREQUENTLY

For the first few months, your baby will fall asleep and wake up at all hours of the day (and night!). Respond to your newborns quickly when they wake up. Most newborns are unable to settle themselves on their own. Later, when your baby is older - approximately two to four months old - you can give your baby a chance to comfort themselves.

Most often because they are hungry or need to be changed. Be aware of a sudden change in your baby's sleep patterns - it may signal illness, a hunger-inducing growth spurt or teething pain.

YOUR NEWBORN BABY MAY AWAKEN FOR MANY REASONS

GO WITH THE FLOW

The first few weeks of your baby's life are all about adjustment - for your baby and for you. It's too soon to expect structured sleep patterns, so take your cues from your baby.

To lessen the chances of SIDS (Sudden Infant Death Syndrome) always put your baby down to sleep on their back, not their tummy. Your baby should sleep on a firm mattress, with no fluffy or loose bedding, no stuffed animals and no pillow.

BACK TO SLEEP

LEARN YOUR BABY'S SIGNS OF BEING SLEEPY

Every baby is different. Many become fussy or cry when they get tired, while others will rub their eyes, pull on their ears, or even stare off into space.

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WHAT YOU SHOULD AVOID

You should avoid caffeinated beverages after lunch to help yourself sleep at night. If you're nursing, consider giving up caffeine altogether. You should also avoid alcohol and smoking if you're breast feeding.

TEACH THE DIFFERENCE BETWEEN NIGHT AND DAY

When your baby sleeps during the day, keep the lights on and keep sounds at normal levels. At night turn off the light or use a night-light, feed and nappy change your baby as calmly and quietly as possible. Soon you will notice your baby's longest periods of sleep occur at night.

LET EVERYONE SLEEP BETTER

And remember to use your baby's naptime as a time to catch up on sleep yourself. As tempting as it is to use naptime to get things done, you'll be able to cope better if you nap when your baby does.

CREATE A BEDTIME ROUTINE

Even at this early age, a night-time routine will help your infant learn that it's time for sleep. Try a 3-step routine that includes:



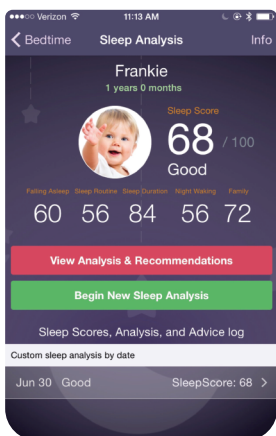
1 Warm Bath



2 Gentle Massage



3 Quiet Time



Download the free JOHNSON'S® BEDTIME™ baby sleep app

The JOHNSON'S® BEDTIME™ baby sleep app helps you track your baby's sleep habits, and provides a sleep-analysis tool with recommendations on how to improve your baby's sleep. The App includes:

- A Sleep Log to track your baby's sleep sessions and to share with other guardians caring for your baby.
- Information on JOHNSON'S® 3-step routine with how-to videos.
- Lullabies and Ambient Sounds to help soothe your baby to sleep.
- Customise your bedtime routine to develop your baby's nightly schedule

DOWNLOAD THE APP NOW

Go to: <https://www.johnsonsbaby.co.uk/bedtime/baby-sleep-app>
Available on IOS and Android

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