



Newborn Sleep Roadmap

Lasting sleep success can be achieved through small changes over the first 3 months. Start at the top, and implement each step at your own pace.

1

Safe Sleep

- Sleep **Alone**. No bumpers, pillows, blankets, loveys, or people.
- On their **Back** to sleep.
- In a **Crib** (or approved sleep device).

2

Wake Windows

The time that a newborn can stay awake without becoming overtired is extremely short! Use wake windows as a guide to set a flexible daily schedule (*more details on next page*).

3

Sunlight

Exposure to sunlight accelerates the development of a newborn's circadian rhythm and promotes better sleep from the start (remember to avoid direct sunlight).

4

Wake up time

Set a regular morning wake up time for your newborn. This encourages the consolidation of night sleep during the night hours and sets you up for a consistent start to your day.

5

Routine

Establish a nap and bedtime routine to give your newborn time to wind down and prepare their mind and body for sleep.

6

Crib Naps

Try at least one crib nap per day. This gives your newborn an opportunity to practice independent sleep. Soothe and help them settle as needed. It's okay if they end up in your arms!

7

Eat Play Sleep

Older newborns (2-3 months) benefit from following this general sequence of events. Separating eating and sleeping helps prevent the need to feed-to-sleep every time.

The Details + more

Newborn sleep is chaotic. Expect each day to look different in terms of feeding and sleep. Be flexible and prepare for constant change!

SLEEP & HUNGER

Offer feeds according to hunger cues and focus on full daytime feeds rather than constant "snacking". Full feeds means more daytime calories and longer stretches of night sleep!

Feeding can take a LONG time in the early weeks, don't be surprised if almost all of your baby's waking time is spent drinking milk.

Cap naps at 2 hours to ensure that your baby is feeding often during the day.

Hunger and tired cues can look very similar, but knowing whether your baby needs a nap or a feed is crucial!

COMMON HUNGER CUES

Putting fist in mouth ●

Smacking lips ●

Rooting (looking for food) ●

Opening & closing mouth ●

Shaking head sideways ●

More alert and active ●

COMMON TIRED CUES

Staring into the distance ●

Red/pink eyebrows ●

Yawning ●

Rubbing eyes ●

Fussy ●

Avoiding interaction ●

WAKE WINDOWS

A wake window (w.w.) is the time that baby is awake between sleeps. Especially in the early days, a newborn's wake window is extremely short.

Pay attention to both how long your baby has been awake for and to their sleepy cues. If your baby is showing signs that they're tired, go ahead and honour those.

Age	W.W.	# of nap
0-4 weeks	30-60 min	5-8
1 month	40-90 min	5-8
2 months	50-90 min	4-6
3 months	60-120 min	4-5

An overtired baby will be more difficult to settle and may reach the point of only being able to sleep in your arms.

An undertired baby will also be unable to sleep come nap or night time, so make sure you're adjusting your newborn's wake windows at least every two weeks or as often as necessary according to your baby's needs.

WHAT ABOUT "BAD HABITS"?

If your baby is safe and you are happy, there is NO such thing as a bad habit. It is okay and encouraged to hold and cuddle your newborn while they sleep.

Extending a short nap by turning it into a contact nap is a great technique for young babies. It's important that newborns get at least 1-2 long naps per day.

If you are worried about forming sleep associations, these start to strengthen around the 3 month mark.

STILL STRUGGLING?

On those extra hard days, don't forget that YOU are the most important thing that your baby needs. Every stage with your baby is temporary, and that is both comforting and heartbreaking.

For 1:1 support please see my customized sleep packages at: www.littlefoxsleepconsulting.com

To set up your free 15 minute sleep assessment contact me at: maite@littlefoxsleepconsulting.com

