



Your baby's sleep

Sleep rhythm, rituals and practical tips for the first months.



Great joy. **Short nights.**

Parenthood brings great joy, but especially in the first months, also many sleepless nights. Your newborn baby sleeps on average up to 20 hours a day, often in short periods of 2 to 4 hours.

Although this can vary greatly from baby to baby, some infants sleep for hours at a stretch during the day, while others get by with short naps.

Adequate sleep is essential for brain and body development. Because babies' stomachs are small, they need regular feeding, also at night. As your baby grows, the nights can become longer, and they begin to learn the difference between day and night.

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Your baby's **sleep rhythm**

Every baby has a unique sleep rhythm, which differs from that of adults and even from older babies or toddlers. Unlike adults, who have four sleep stages, a baby only has two. That's why your baby may move, make noises, or cry briefly during sleep without truly waking up. This is perfectly normal and nothing to worry about.

Day and night

After about two months, your little one begins to recognize the difference between day and night.

During the day, your baby can nap in the living room or in their crib with light and sound present, while the evening should be calm and dark. This helps them learn the difference between day and night.



2



The importance of rituals and contact

A newborn baby needs a lot of physical contact because they are used to constant closeness and regulation in the womb. Sleeping alone costs a baby a lot of energy, which is better used for growing and developing.

Contact helps your baby feel safe, sleep better, and regulate their body. It's therefore completely normal that a baby struggles to sleep without you nearby.

Co-sleeping or resting close together not only benefits your baby's well-being but also your own. Learning to sleep alone happens naturally, at your baby's own pace.

A bedtime ritual

A consistent bedtime ritual can help your little one sleep better, and give you a chance to rest. This might include a final feeding, a warm bath, cuddling, putting on pajamas, or playing soft music.

During the day, the ritual can be different, for example a nap after feeding with some light in the room. By keeping rituals consistent, your baby learns to relax and fall asleep more easily.

3



Sleep and feeding in the first months

Feeding and sleep go hand in hand in the first months. Your baby's small tummy means regular feeds, day and night. These tips can help you find a rhythm that works for both of you.

- **Follow hunger cues:** Rooting movements, sucking on hands, or restlessness are signs that your baby is ready to feed.
- **Find your baby's rhythm:** Fixed feeding times can help create rhythm and predictability as your baby grows. For newborns, however, it's better not to follow a strict feeding or sleep schedule. Every baby is different and has their own pace and needs. Too rigid schedules can cause restlessness and even interfere with development or milk production.
- **Encourage longer sleep gradually:** From about two months onward, your baby may sleep longer stretches without feeding, as long as they're growing well and gaining weight.
- **Feed yourself too:** Plan a last feeding just before you go to bed, so both of you can sleep longer.

Tips for peaceful sleep

- **Rest together:** Try to nap when your baby naps, your body also needs recovery. Contact naps, such as in a baby carrier, can help your baby relax. However, avoid falling asleep together on a sofa or chair, as this is unsafe.
- **Recognize sleepiness cues:** Yawning, stretching, or rubbing eyes mean it's time for bed.
- **Darken the room:** Curtains and a calm environment help distinguish between day and night.

- **Ensure enough daylight:** Make sure your baby gets plenty of daylight during the day, it helps them learn the day-night rhythm.
- **Keep calm before sleep:** Avoid overstimulation right before bedtime.
- **Familiar scent:** Place an item of your clothing near your baby; your scent can have a soothing effect.
- **Flexible naps:** Babies need daytime naps for several years, help them get used to sleeping in different places.



Surviving **as a parent**

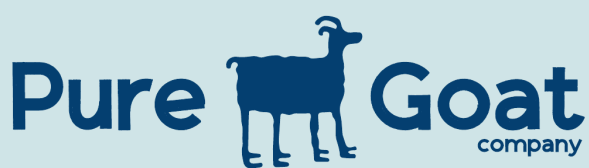
Sleepless nights are tough. Try to rest during the day, ask family or friends for help, and share night feedings with your partner.

Go to bed on time and maintain consistent bedtimes. Remember: sleeping through the night is a process, every child develops at their own pace.

With patience, rhythm, and a bit of creativity, there will come a moment when both you and your baby can finally enjoy a well-deserved night's rest.

Important

Breastfeeding is the recommended way to feed your baby and provides important benefits for your baby's health, growth and development. A healthy, balanced diet during pregnancy and breastfeeding supports maternal health and lactation. Introducing partial bottle-feeding may reduce breast milk production and make breastfeeding more difficult to maintain. If you are considering not breastfeeding, please be aware that restarting breastfeeding can be difficult once it has stopped. Infant formula should be used only on the advice of independent healthcare professionals qualified in medicine, nutrition or pharmacy, or other professionals responsible for maternal and child care. If infant formula is used, it is important to follow the preparation, storage and disposal instructions on the packaging carefully. Incorrect preparation, storage or feeding practices, as well as inappropriate foods, can pose health risks to your baby. The use of infant formula also has social and financial implications that should be considered.



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