

Newborn Sleep Key Highlights



Sleep Patterns & Cycles



Unpredictable but Normal

Frequent wake-ups are completely expected—newborn sleep is irregular by nature.



Short Sleep Cycles

Newborns sleep 14–17 hours a day in short cycles of 40–60 minutes, waking often to eat.



Light Sleep Stage

Light sleep is essential—babies wake easily during it, but it's vital for their development.

Feeding & Hunger Cues



Tiny Tummies

Tiny tummies need to be refilled often—feeding every 2–3 hours is completely normal.



Night Wakings

Waking at night to feed is healthy and expected at this stage—not a sign of a problem.



Hunger Signs

Watch for rooting, sucking motions, or fussing—these are early hunger cues before crying starts.



Growth Spurts

During growth spurts, babies may feed even more frequently than usual—follow their lead.



Longer Stretches Ahead

Longer sleep stretches typically begin to develop around 6–12 weeks—hang in there!

Safe Sleep Essentials



Back to Sleep

Always place your baby on their back for sleep to ensure safety and reduce SIDS risk.



Safe Sleep Space

Keep it simple—a firm mattress and fitted sheet with no extra items in the crib.



Lighting Matters

Dim lights at night and natural light during the day help regulate your baby's internal clock.



Parent Rest

Prioritize your own sleep when possible—housework can wait. You matter too.



Every Baby is Unique

You're doing an amazing job—give yourself grace, and know that you're not alone in this journey.

Day-to-Day Sleep Tips



Watch for Tired Cues

Yawning, eye-rubbing, or going quiet are signs your baby is ready for sleep.



Soothing Environment

White noise and gentle rocking can help your baby transition into sleep more easily.



Daytime Awake Time

Short periods of awake time help build sleep pressure and encourage better nighttime rest.



Temperature & Comfort

Keep the room comfortably cool and dress baby in light layers for safer sleep.



Be Patient

Predictable sleep patterns take time—this phase is temporary and things will improve.

References

- References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps.