

Don't get discouraged.
Sleep concerns are typically temporary.
You and your baby will eventually be able to sleep through the night.

Tips for Sleep

Develop a plan for postpartum sleep during pregnancy! Attempt to share nighttime parenting duties as often as you can. Utilize sleep shifts and aim to have at least one uninterrupted 4-hour period of sleep in a 24-hour period.

Create a bedtime routine for you and your baby. Minimize use of screens at least 2 hours prior to sleep, lower bright lights, and do only quiet activities before bedtime. Babies need time to shift from being awake to sleeping, so consider rocking, singing, or feeding to help them transition. Keep bedtime and wake up times as consistent as possible.

Try to limit caffeine altogether or only drink caffeine in the morning. **Avoid caffeine 8 hours before bedtime.**

Exercise. Strenuous exercise is best done in the morning or at least 4 hours prior to sleep.

During the day, get as much **sunlight in the house for you and your baby as you can.** It is particularly beneficial to have morning sunlight.

Eat a light snack before bed, but do not drink or eat anything heavy. **Try to eat dinner at least 2 hours before going to bed.** Keep in mind certain foods and drinks may interfere with sleep, including spicy food, caffeine, and alcohol.

Keep the room cool for yourself and your baby to sleep in. Use a fan or air conditioner. If you get cold, add blankets or layers for yourself and use a sleep sack for your baby.

Keep the room dark. Turn off the TV, radio, and screens. If you need soothing background noise, use a white noise machine or a fan. Use light-blocking shades to block early morning and daytime sun.

Sleep at night. Try to limit naps. If your nighttime sleep is limited because of your baby's needs, attempt to schedule naps for a maximum of 30-45 minutes around 6 hours after you wake.

If you are awakening in the night to care for your baby, minimize light (especially overhead) by utilizing lamps or nightlights. **Do not utilize screens overnight!** Minimize movement by attempting to have all necessary items to care for baby nearby.

