



Easy Steps to Better Sleep: Newborn

IMPORTANCE OF SLEEP FOR YOUR BABY

Good sleep is essential for every baby as sleep has a significant impact on learning and behavioural development. Adequate sleep quantity and good sleep quality contribute to optimal brain function and the overall growth and health of your baby. When your baby sleeps well, it also reduces the disruptions to your family's sleep.



It is important that parents understand what to expect for your baby's sleeping needs even before baby arrives. This would ensure that you have the knowledge to implement good sleeping habits for your baby for a good head start in life.

SLEEP PATTERNS IN THE FIRST FEW MONTHS

- Sleep-wake cycles in the early months are largely driven by hunger. An established sleep pattern usually begins when your baby is 4 months old.¹
- It is normal for breast-fed babies to have slightly shorter sleeping periods compared to formula-fed babies due to the easier digestibility of breast milk. The benefits of breastfeeding are tremendous and it is recommended that all babies be breastfed for up to 6 months for optimal growth and health.²



¹ Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.

² World Health Organization. (n.d.). *Breastfeeding*. [Who.int/health-topics/breastfeeding#tab=tab_2](https://www.who.int/health-topics/breastfeeding#tab=tab_2)





SLEEPING ARRANGEMENTS

An important consideration for parents is the baby's sleeping arrangements. It is generally not recommended to bed-share with your baby as there are potential risks of accidental suffocation. You may put your baby to sleep either in his/her own cot or bed, and place the cot or bed close to your bed if desired. Placing your baby on his/her back is also recommended to reduce the risk of Sudden Infant Death Syndrome (SIDS).

KEY TAKEAWAY

Your sleep is paramount to your physical health and mental well-being, especially when caring for your newborn baby. The care of your newborn requires a lot of time and effort and may lead to sleep deprivation for mothers, contributing to postpartum depression. Hence, parents should take the opportunity to sleep when your baby sleeps so that you can also have sufficient rest. Seek advice from your doctor should you not be getting adequate or good quality sleep. Help is available.



Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &
Jurong Community Hospital

Alexandra Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.



Scan QR code for more information on NUWoC facilities.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuhs.edu.sg

Take charge of your health and access health information and services across NUHS institutions.

Download the OneNUHS App now!



Scan to download

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

©2024, National University Hospital. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital.

Information is correct at time of printing (Jan 2024) and subject to revision without prior notice.