

# THE BABY Sleep GUIDE

## 6-12 months



By six months of age, your baby will have reached a most wonderful milestone – the ability to sleep through the night. What a relief! And as your baby becomes busier with crawling, pulling up, clapping hands, “talking” and playing peek-a-boo, it’s more important than ever to make sure she’s getting the rest she needs.

### HOW MUCH SLEEP?

Between six and 12 months of age, your baby will need about 14 to 15 hours of sleep each day. Crawling, rolling over, sitting up – an active baby means a tired baby. However, every baby is different and some babies need much more sleep and others need much less. Most babies take two or three naps a day at six months of age and two naps at 12 months.

Interestingly, your baby’s physical advances can alter sleep patterns. Many developmental milestones, such as rolling over and pulling up to stand, can temporarily upset your baby’s sleep. Don’t be discouraged if your baby, who once slept through the night, temporarily wakes up in the middle of the night. Stick to your routine to help your baby get back to a regular sleep pattern.

### DEVELOPMENTAL Milestones can ALTER sleep patterns

### MAKE SLEEP A Family PRIORITY

Make sure you create good sleep habits for yourself too. Keep a consistent sleep schedule. Relax with a nighttime routine for yourself. Take a bath, give yourself a massage, or ask your partner to give you one. Relax by listening to soft music or reading a book in bed. Avoid caffeinated beverages after lunch. Avoid alcohol and smoking, too, as they are unhealthy for your infant.

### PROBLEM Habits

Rocking, cuddling and feeding your baby to sleep are major causes of sleep problems, so try to break these habits if you’ve established them. If, for example, you rock your baby to sleep or give your baby a feeding right before bed, you’ll likely be rocking or feeding your baby back to sleep in the middle of the night. Instead, try to put your baby down to sleep when drowsy, but still awake. If you let your baby learn to self-soothe to sleep before bed, she’ll be able to soothe herself back to sleep if she wakes in the middle of the night.

### CUTTING BACK ON NAPS won't help your BABY SLEEP

Contrary to what you may think, cutting down on naps won’t help at night. It can be a recipe for overtiredness and a worse night’s sleep. But avoid naps too close to nighttime. Create soothing surroundings: keep the bedroom dark, cool and quiet.



Johnson's<sup>®</sup>  
baby

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Make bath time and massage part of your baby's nighttime routine. A gentle cleanser with a soothing scent in your baby's bath can help calm your baby and help her sleep better at night. After the bath, massage your baby with baby lotion or oil to relax her and to help protect her skin. On non-bath nights, if you don't have time for a full massage, take a minute anyway to rub your baby with lotion. Your gentle touch will help to relax your baby and help her sleep better.

**BATH TIME**  
and massage say  
"it's time for sleep"

**TAKE A MOMENT**  
to bond with  
your baby

Set a regular schedule, provide a calm environment, bath and massage your baby, and follow with quiet time activities. By following a nighttime routine, you can ensure that your growing baby is getting the sleep she needs. And you get a wonderful moment to bond with your baby.



JOHNSON'S® Baby Bedtime Bath™ and JOHNSON'S® Baby Bedtime Lotion™ are enriched with NATURALCALM™ aromas, a unique blend of relaxing aromas. When used as part of the unique, clinically proven JOHNSON'S® Baby 3 step nighttime routine\*, they can help babies fall asleep easier and sleep through the night better

\* tested on babies 7 months +

## CREATE a nighttime Routine

This is an age that thrives on schedules and routines, especially for sleeping and eating. Help your baby get the sleep he or she needs by following regular naptimes, a set sleep time and a three-step nighttime routine that includes:

Step 1. Bath



Step 2. Massage



Step 3. Quiet time



This routine will help relax your baby before bed.

## Take The JOHNSON'S® Baby Sleep challenge



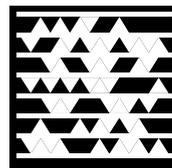
Take the JOHNSON'S® Baby Sleep Challenge and see how much difference seven nights bathing with JOHNSON'S® Baby BEDTIME BATH®, as part of a clinically proven routine\*, makes to your baby's sleep.

Learn more about the routine with our video guide, and then try it out for yourself. Also receive free tailored advice using our Sleep Profiler tool, to help and support throughout the 7 day challenge and beyond.

Visit [www.sleepchallenge.info](http://www.sleepchallenge.info) now to learn more & take the challenge!

Scan the tag to play our bedtime lullabies.

If you're a smartphone user, try playing our bedtime lullabies from your mobile, to help get your baby quietly off to sleep. Simply download the free app from Microsoft® at <http://gettag.mobi> to scan\*\*



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\* Follow with massage and quiet time. Tested on babies 7 months+

\*\*Microsoft® Tag Reader is an online application. It uses your phone's data plan - normal charges apply.