

THE Newborn Sleep GUIDE

0-2 months



When you welcome your newborn into your life, you can't help but wonder where the phrase "sleeping like a baby" comes from! Newborns actually do sleep a lot – in fact most sleep up to 16-18 hours a day – but often never more than three or four hours at a time.

IT'S NORMAL FOR your NEWBORN To wake frequently

For the first few months, your baby will fall asleep and wake up at all hours of the day (and night!). Respond to your newborn quickly when she wakes up. Most newborns are unable to settle themselves on their own. Later, when your baby is older – approximately two to four months old – you can give your baby a chance to comfort herself.

Most often because she is hungry or needs to be changed. Be aware of a sudden change in your baby's sleep patterns – it may signal illness, a hunger-inducing growth spurt or teething pain.

YOUR NEWBORN BABY May awaken FOR MANY REASONS

GO WITH The Flow

The first few weeks of your baby's life are all about adjustment – for your baby and for you. It's too soon to expect structured sleep patterns, so take your cues from your baby.

To lessen the chances of SIDS (Sudden Infant Death Syndrome) always put your baby down to sleep on her back, not the tummy. Your baby should sleep on a firm mattress, with no fluffy or loose bedding, no stuffed animals and no pillow.

BACK To Sleep

LEARN YOUR BABY'S SIGNS OF BEING SLEEPY

Every baby is different. Many become fussy or cry when they get tired, while others will rub their eyes, pull on their ears, or even stare off into space.



Johnson's[®]
baby

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WHAT YOU should avoid

You should avoid caffeinated beverages after lunch to help yourself sleep at night. If you're nursing, consider giving up caffeine altogether. You should also avoid alcohol and smoking if you're breast feeding.

TEACH THE Difference Between night and day

When your baby sleeps during the day, keep the lights on and keep sounds at normal levels. At night turn off the light or use a night-light, feed and nappy change your baby as calmly and quietly as possible. Soon you will notice your baby's longest periods of sleep occur at night.

LET EVERYONE sleep better

And remember to use your baby's naptime as a time to catch up on sleep yourself. As tempting as it is to use naptime to get things done, you'll be able to cope better if you nap when your baby does.

CREATE a nighttime Routine

Even at this early age, a nighttime routine will help your infant learn that it's time for sleep. Try a three-step routine that includes:

Step 1. Bath



Step 2. Massage



Step 3. Quiet time



More tools & advice to help your baby sleep better



Visit JohnsonsBaby.co.uk/Bedtime or JohnsonsBaby.ie/Bedtime for more great resources to help your baby sleep better. Watch our how-to video guides, see the video diaries of other mums who have been through the same sleep struggles as you, and try the customised Sleep Profiler – offering tailored advice especially for your baby.

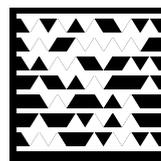
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*tested on babies 7 months+

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