



# Why isn't my baby sleeping?

Babies do not have regular sleep cycles until about 6 months of age. While newborns sleep about 16 to 17 hours per day, they may only sleep for 1 or 2 hours at a time. Frequent waking is developmentally appropriate for babies. Sleep regressions or struggles are normal and to be expected.

## Finding Support

While frequent waking for baby is normal and healthy, it can be very difficult for parents. Being stressed and exhausted can make settling baby back to sleep even harder. Crying is not harmful for your baby.

Take a Deep Breath.

You are not alone.

- Talk to your Pediatrician about strategies specific to your child's needs.
- Ask family members, friends, or someone you trust to watch baby while you nap or catch up on sleep.
- PCAVT's Parent Helpline 1-800-CHILDREN (244-5373).

# Sleep Tips for Babies

- Talk or sing to them.
- Put a hand on their belly or chest.
- Hold and rock or rub their back.
- Swaddle your baby if not yet showing signs of rolling.
- Place a pacifier in their mouth or assist them to get their hand to their mouth to suck.
- Offer breastmilk or formula.
- Avoid putting your baby in an unsafe sleep space, such as in a swing, a car seat, or in your bed during the night.



Sometimes babies can't be soothed back to sleep and that's okay. If you are stressed or overwhelmed, take care of yourself first and let baby stay in the safety of the crib.



For more information visit [UVMHealth.org/SafeSleep](https://UVMHealth.org/SafeSleep)

