

FACTS ABOUT BABY'S SLEEP



Baby Sleep Stages

Stage 1

Drowsiness

The baby shows signs of sleepiness



Stage 2

REM Sleep

Sleeps with little jerking movements



Stage 3

Light Sleep

Sleeps with regular breathing



Stage 4

Deep or Quiet Sleep

The baby falls into a deep sleep



Baby Sleep Facts

Newborns sleep for around 18 hours a day

18 HOURS



Babies cannot differentiate between day and night for the initial few months



Each baby has a varied sleeping pattern



Night-time awakenings (in the first few months) are essential for baby development

After six months, babies gradually begin having a longer duration of nighttime sleep



Sleep regressions are normal during a baby's development

Sufficient sleep is a prerequisite for the baby's brain, immune system, and overall development



References

- 1 Stages of Newborn Sleep; American Academy of Pediatrics
- 2 Sleep and Infant Learning; National Institutes of Health
- 3 Babies and Sleep; Sleep Foundation