



Tips For Establishing A Healthy Sleep Schedule For Babies



Ensure the baby is adequately nourished before bedtime to prevent excessive sleep caused by low energy levels.

Put the baby in bed while drowsy but still awake to initiate independent sleep.



Ensure the baby sleeps on their back to maintain proper oxygen intake and aid digestion.

Establish a consistent nighttime routine to signal the baby that it is time to sleep.



Maintain a regular sleep schedule for the baby to help establish a consistent sleep pattern.

Offer a pacifier during bedtime to alleviate restlessness.

