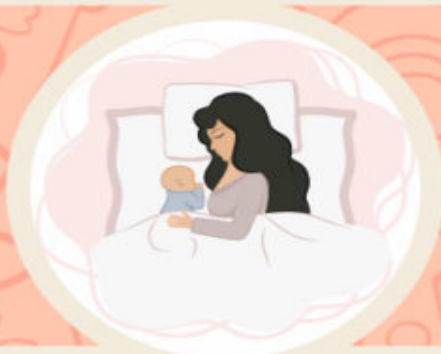




Tips To Help You Stay Awake When Breastfeeding



Get enough rest when the baby sleeps and take naps in sync with the baby's sleep schedule.



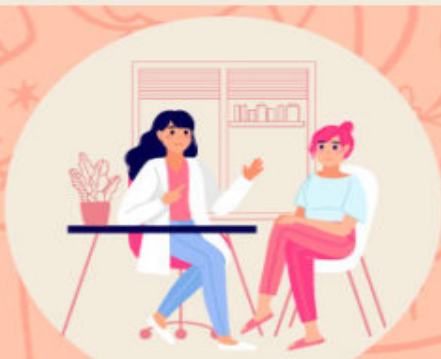
Eat a balanced diet and consume enough calories to maintain your energy levels and support lactation.



Stay awake and alert by engaging in activities such as reading or listening to music.



Adjust the baby's feed and sleep schedule using biological nurturing techniques that support the baby's natural feeding and sleep rhythms.



Take advice from a lactation consultant in case you are experiencing chronic exhaustion.