



Things You Should Know About Sigh In Babies



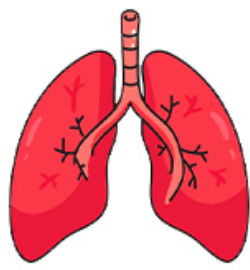
Sighing may help regulate breathing in babies.



Sighs without apnea are predominant during REM sleep.



Sighs associated with apnea are more common during non-REM sleep.



Premature babies with developing respiratory systems may sigh more often than full-term babies.



Sighs help improve the autonomic nervous system (ANS), which helps regulate the baby's heart and digestive organs.