



What Does Research Say About

Baby Smiling In Their Sleep?

Active sleep stimulates neuronal circuits responsible for smiling



Babies may also twitch and frown between smiling when sleeping

Babies smiling in sleep occurs randomly, also called reflex smiling



Left-sided smiling is more frequent in sleeping babies

A complete absence of smiling when sleeping may be linked to brain abnormalities



Watching a baby smile is linked to maternal brain activation

Love and cuddles may impact the quality and quantity of smiling in babies



Babies may smile in sleep in response to a touch or smell

References

1. A video polysomnographic study of spontaneous smiling during sleep in newborns; Wiley Online Library
2. Sleep physiology and sleep disorders in childhood; National Institutes of Health
3. What's in a Smile? Maternal Brain Responses to Infant Facial Cues; National Institutes of Health
4. When Will My Baby Smile?; Pathways
5. Smiling in newborns during communicative wake and active sleep; National Institutes of Health