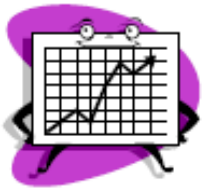
Light sleep

Deep sleep

Longest Stretch of Sleep



Wait to put young babies down

- Describe what a baby in Deep Sleep might look like
- Explain why Deep Sleep is important

- Explain why Light Sleep is important
- Explain ways to increase Light Sleep (baby on back, Breastfeeding, etc.)

- Explain why young babies awaken so quickly after being put down to sleep
- Include how long to wait (About 20 to 30 minutes)

- Include how many hours at a time newborns and older babies sleep at night

Babies NEED
to
wake up

Why babies wake
at night

Share some reasons why babies might wake at night more often than expected

Explain why night waking is good for babies