



6 Secrets To Help Your Newborn Sleep Longer Stretches at Night

Even though newborns often need to wake in the night for frequent feedings, there are still many ways you can set your newborn up for sleeping longer stretches now and for when they get older. Any habits that you make now, will stick as your baby gets older. So, let's work on creating healthy sleep habits right at the beginning so when your little one is ready to drop a night time feeding, they will wake after a sleep cycle and fall back to sleep on their own.

Here are 6 of the most important/healthy sleep secrets you can do right now to help increase the amount of hours your little one sleeps in a row during the night.



€ **Sleep Environment**

Create an environment that has no light, is quiet (using a noise machine to block out loud noises), and has an ideal temperature. Lay your newborn down on a firm, flat surface, on their back, with nothing in the crib to make sure your baby is sleeping safely.

€ **Appropriate Amount of Day Time Sleep**

Newborns should be getting anywhere between 5-6 hours of daytime sleep. Keeping within that limit will help prevent day/night confusion.

€ **Frequent Day Time Feeds**

The more feedings your newborn has during the day, the less he/she will want to feed during the night. For a healthy baby, I always go with no longer than 4 hours between feeds during the day. Ask your pediatrician for how frequently your newborn should be feeding during the day.

€ **Bedtime Routine**

Even at this age a bedtime routine is great for setting up a successful night. It only needs to be about 15 minutes long, always keeping the feeding at the beginning.

€ **Awake Time Length**

A newborn should not be awake any longer than 45 minutes at a time. As your newborn reaches the 3-month mark, he/she can start to be awake 1-1.5 hours at a time.

€ **Laying Baby Down Awake**

The more practice you give your newborn at falling asleep awake now, the less he/she will call on you in the future for help to fall back asleep in the middle of the night.



*Results will not come from just one day of change. You will need to consistently follow these 6 secrets to have long term success.

If you are having a hard time creating a routine, schedule, sleep environment and laying your newborn down awake, let's set up a time to chat. We will talk about the steps you have taken already and see what changes we can make to get your newborn sleeping longer stretches at night.

You can schedule a FREE "Sleep Easy" call by clicking [here](#).