



How newborns sleep

Newborns 0 - 3 months



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book

You can get someone to help you



- read this book

- know what this book is about

- find more information.



About this book



Health
and Human
Services

This book is written by the
Department of Health and Human Services.



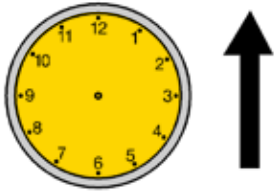
This book tells you about sleep for **newborns**.

A newborn is a baby aged **0 - 3** months.

How much sleep is normal?

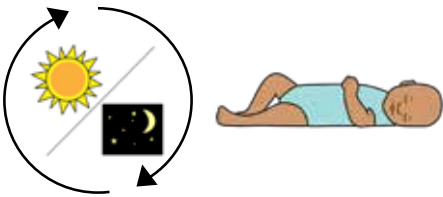


Your newborn will sleep a lot from 0 - 3 months.



Newborns sleep 12 - 16 hours per day.

Sleep cycles



Sleep cycles means your newborn sleeps

- many times in the day and night

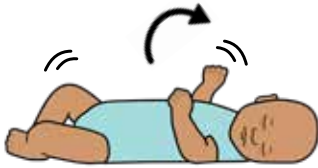
and



- for short amounts of time.
For example, one sleep cycle goes for 20 - 50 minutes.

In one sleep cycle there is

- **active sleep.**



Active sleep means your newborn moves around or makes noises.

- **quiet sleep.**

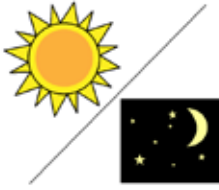


Quiet sleep means your newborn stays still and breathes deeper.

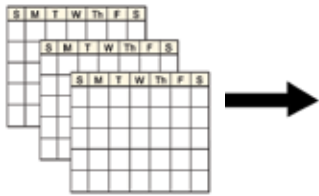


- active sleep again before your newborn wakes up.

Sleep rhythms



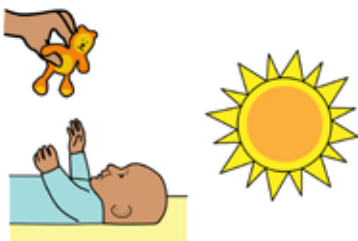
Your newborn will wake up many times in the day and night.



Your baby will start to learn **sleep rhythms** after 3 months of age.



Sleep rhythms means your newborn will start to learn when it is day and night.



To help your newborn learn a sleep rhythm, you can

- play gently in the day when it is light



- make it dark and quiet at night when it is time to sleep.

Crying



It is normal for your newborn to cry a lot.



Crying is how newborns can tell you something.



Many newborns can cry for around 3 hours per day.



Sometimes you will **not** know why your newborn cries or what they want to tell you.



It is ok if you find it hard to stop your newborn from crying.



If your newborn will **not** stop crying and you are tired, take a break for 3 - 5 minutes.



To take a break, put your newborn in the cot where they can cry in a safe place.



You must rest and look after yourself too.

Feeding

Feeding can help newborns sleep.



Feeding means you give your newborn

- breastmilk

or



- formula.

Sleep will **not** change if your newborn has breast milk or formula.



Your newborn will need to be fed many times in the day and night.

Every newborn feeds in a different way.



You will work out the best way to feed your newborn in the day and night.



More information

For more information contact the
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)



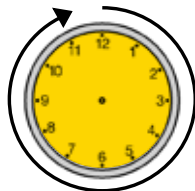
If you are worried about your newborn

- contact your Maternal and Child Health Nurse

- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and
7 days per week.



You can also see your doctor for more help.

More Easy English

There are more Easy English books on our website about



- good sleep routines



- help for sleep problems.



If you need help to speak or listen

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

communications.gov.au/accesshub/nrs



To receive this publication in an accessible format email Maternal and Child Health and Parenting:

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