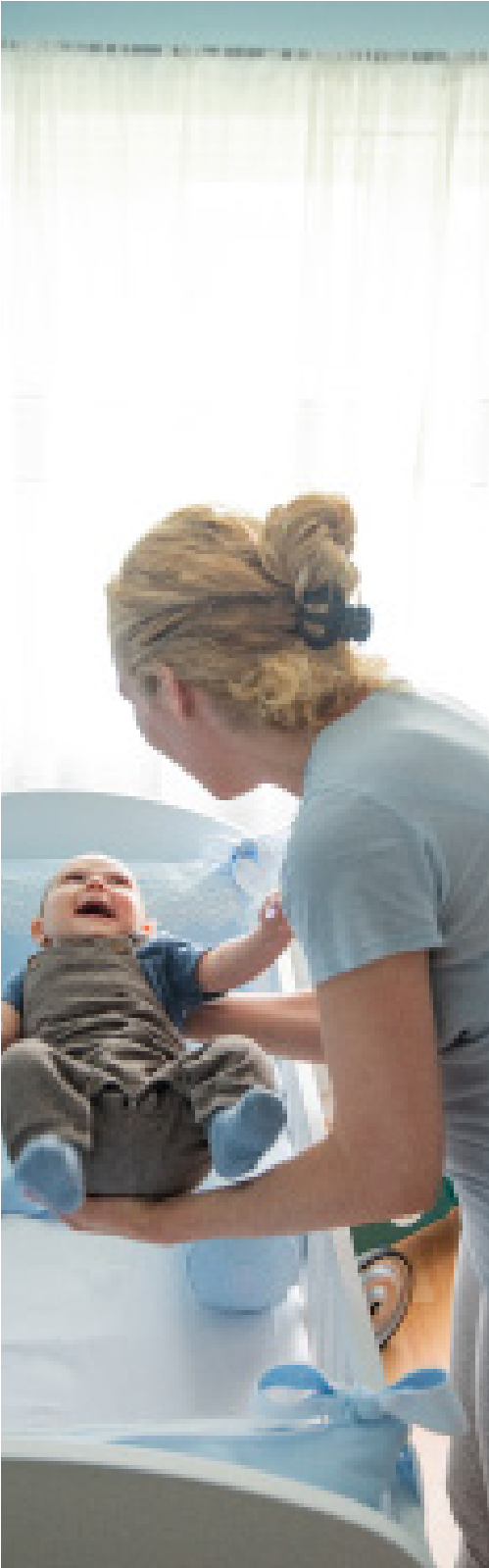


# SLEEP TIPS FOR MOM & BABY



1. Talk about your sleep needs during pregnancy, prior to delivery and postpartum. Ask for support and share the nighttime parenting as often as you can, take shifts and remain consistent. It is better to get a 4 hour period of sleep, than multiple periods of broken sleep.
2. Establish a bedtime routine for yourself and your infant. Remember to shut off screens two hours before bed, lower bright lights and maintain quiet activity prior to bedtime. Infants also need to transition from wake to sleep, consider wearing, rocking, singing, nursing to assist with the transition from wake to sleep. Keep bed and wake times as consistent as possible.
3. Eat a light snack before bed, but do not drink or eat anything heavy. Try to eat dinner 2 hours prior to bed. Keep in mind certain foods and drinks may interfere with sleep, including spicy food or caffeine. Offer your infant a snack prior to bed, remember though, small babies = small tummies.
4. Try to minimize use of caffeine or at least keep use to the morning. Caffeine should be avoided 8 hours prior to your bedtime.
5. Exercise. It is best to keep the exercise routine to the morning as it may interfere with your sleep if done in afternoon or evening.
6. Keep a cool room for yourself and your infant. Use a fan, air conditioner and if you get cold, add blankets or layers for yourself. Use a sleep sack for your infant.
7. Sleep at night. Try to limit naps as you increase the amount of nighttime sleep you are getting. However, if your night sleep is limited due to infants needs schedule naps for 30-45 minutes. These should occur around 6 hours after you wake.
8. Keep your room dark. Turn off the TV, radio, screens, use a white noise machine, fan or other soothing background. Use opaque shades to block out early morning and daytime sun.
9. During the day allow for as much sunlight in the house as you can. Expose yourself and your infant to this.
10. Keep your eye on the prize! Remember your sleep deprivation is temporary and it will change. Your baby and you will return to sleeping through the night.