



Baby's Waking Up Cycle And Tips To Facilitate Night Sleep

Baby's wake time as per their age

Age Of The Baby	Pattern Of Waking Up In Daytime Naps	Pattern Of Waking Up During Nighttime
0-3 months	Every 1 to 2 hours	Every 2 hours
3- 6 months	Every 1 to 2 hours	Every 4 to 6 hours
6- 12 months	Every 30 minutes to 2 hours	More than 6 hours

Note: Every infant's sleep patterns may not be the same and vary based on several individual factors

Tips to encourage night sleep in babies

- 1** Encourage daytime activities such as tummy time



- 2** Read to them, kiss, and cuddle before sleep

- 3** Put your baby to bed when they are drowsy



- 4** Know that movements, such as jerking and twitching, are common and do not indicate the baby's waking up

References

1. Baby sleep: 2-12 months; Raising Children Network
2. About sleep; Raising Children Network
3. Baby sleep patterns by age; Pregnancy, Birth & Baby
4. Sleep in Your Baby's First Year; Cleveland Clinic
5. Getting your baby to sleep; Pregnancy, Birth & Baby

