

BABIES' WAKING UP PATTERNS



AND ENCOURAGING 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 Night time
 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 factors and individual requirements.

Tips To Encourage Night Sleep In Babies



Encourage daytime activities such as tummy time.



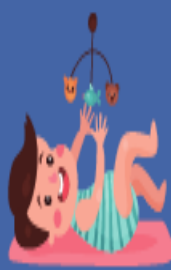
Spend quiet time with your baby, soothe or sing to them before sleep.



Put your baby to bed before they are in a deep sleep.



If you wake up, avoid talking or keep your voice very low.



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



Do not switch on the lights as you hear small cries; instead, allow your baby to settle themselves.

References

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



Source: https://www.momjunction.com/articles/baby-wakes-up-too-early-reasons-tips_00698768/