Treatment Options For Postpartum Insomn



Cognitive behavioral therapy

Light-dark therapy





Antihistamines and antidepressants depending on the underlying cause

Sleep-inducing agents such as melatonin





Changing sleeping habits as per baby's sleep pattern

Including a relaxing bedtime routine





Sharing responsibility for newborn care with the partner or family

Feeding expressed milk at night



Mom Junction

Source: https://www.momjunction.com/articles/how-long-does-postpartum-insomnialast-sleep-tips_00814196/