

Tips To Help Your Baby sleep Well



Learn your baby's sleepy cues: rubbing eyes, staring into space, fussing, or pulling ears may indicate tiredness.



Maintain the same daily sleep schedule for your baby to have consistent sleep and wake times.



Do not cut back on daytime naps as it causes overtiredness and worsens sleep at night.



A consistent bedtime routine, such as a bath, and bedtime stories, can help calm your baby.



Put them to bed when they are drowsy but awake. This may encourage them to fall asleep without help.



Ensure your baby's sleep environment is dark, cool, and quiet.