

Baby Twitching In Sleep

Signs, Risk Factors, And Precautionary Measures



Risk factors

- Hereditary
- Repeated loud noises
- Babies born to mothers with opioid addiction



Symptoms

- Involuntary jerks, primarily in the arms, legs, and the body's core region
- Twitching usually occurs on both sides of the body



Duration

- Less than a second to fifteen minutes
- Usually appears within the first month and resolves by the third month



Precautions

- Do not try to constrain the baby's movements by grabbing their hands or legs
- Remove any objects from their sleep area to prevent accidental injuries



References:

1. Benign Neonatal Sleep Myoclonus; Sleep Foundation
2. Benign neonatal sleep myoclonus in newborn infants of opioid dependent mothers; National Institutes of Health