

Know Baby States of Arousal

Quiet or Deep Sleep	Lies very still. May startle or twitch. No face or eye movements. May have sucking movements.
Active or Light Sleep	Some body and face movements. May suck or smile. May make brief fussy or crying sounds. Eyelids may flutter.
Drowsy	Smooth body movements. Mild startles. Eyes may open and close, be heavy lidded, dull, or appear glazed. May have facial movements.
Quiet Alert	Small or large body movements. Eyes are open and bright. Face has a bright shiny look. Baby will focus on another's face, voice, or moving objects.
Active Alert	Increased body movement. Some fussing. Eyes are open, less bright. More sensitive to noise and hunger.
Crying	Cry, facial grimace, and increased body movement.

NOTE: If you feel overwhelmed, please put your baby in a safe place and take 5! Splash cool water on your face, take a series of deep breaths, listen to some soft music for a few minutes, or get a drink of water. Then return to your baby and try some soothing activities again. ALWAYS call for help if you feel you may hurt your baby.

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programs

Promoting nurturing environments
for young children

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How to Promote Good Sleep Habits

Four to Twelve Months

As babies mature, they start to develop more regular patterns of feeding and sleeping. During this phase, they start to sleep more at night, which is usually a welcome turn of events for parents. Although every baby is different, this is a time to learn about your baby's personality, her temperament, and how she communicates through non-verbal cues. Babies will let you know they are tired by rubbing their eyes, tugging at their ears, getting cranky, or turning away. When babies show sleep cues, it means the "Sleep Gate" is open, and your baby is ready to rest. Allowing your baby to rest at this time will help her get the rest she needs. Waiting too long may cause your baby to get overtired and fussy. It's much harder to lay a fussy baby down to sleep than it is to lay a sleepy baby down. Using the "sleep gate" is an excellent way to support your baby's sleep development.

Did you know that...

- ...when it's dark our bodies release hormones that help us fall asleep?
- ...sleep supports your baby's brain development?
- ...sleep rituals at bedtime help babies know it's time for bed?

WHAT YOU CAN DO	4 to 6 Months	6 to 12 Months
LEARN to spot sleep cues and act on them...	Yawning, eyes less focused, rubbing eyes, eyes glazed, eyes opening and closing, heavy lidded eyes, decreased sucking during feeding, less interested in interaction, turning away from stimulation, less organized body movements, tugging at ears, pulling hair, sucking fingers, or starting to fuss.	
LEARN about the “Sleep Gate”...	<ul style="list-style-type: none"> • Sleep cues indicate the opening of the “Sleep Gate,” which is the best time to put baby down for sleep. • If your baby isn’t allowed to sleep when the sleep gate opens, he may become over-stimulated, fussy, and too “wired” to fall asleep on his own. 	
LEARN about infant sleep patterns...	<ul style="list-style-type: none"> • Sleep about 11-15 hours total. • Sleep more at night and less during the day. • Typically, sleep about 9 to 10 hours at night and take 2 to 3 naps during the day. 	<ul style="list-style-type: none"> • Sleep about 11-15 hours total. • Sleep more at night, sleep patterns become more consistent and predictable. • Typically, sleep about 10 hours at night and take 2 naps during the day.
LEARN about feeding patterns...	<ul style="list-style-type: none"> • A satisfying feeding at bedtime promotes sleep. • Eat between 5-8 times per day. 	<ul style="list-style-type: none"> • A satisfying feeding at bedtime promotes sleep. • Eat between 4-6 times per day.
KNOW about how the environment influences sleep...	<ul style="list-style-type: none"> • Lowering the lights tells the infant brain to start producing sleep hormones. • Sleep spaces should be quiet and calm. 	<ul style="list-style-type: none"> • Babies may tire more from all the moving they are doing now, but may still fight going to sleep. • Sleep spaces should still be dark and quiet, as this sends the message to your baby’s brain that it’s time to sleep. • Bedtime rituals are comforting and also tell your baby that it’s time for sleep.
LEARN how your baby can self-soothe...	<ul style="list-style-type: none"> • At bedtime, try to keep your interaction minimal and non-stimulating during the times you want your baby to sleep. • Provide a soft cloth, pacifier, or “lovey,” or encourage finger sucking as ways for your baby to self-soothe. • When your baby wakes up at night, make your calming visit as boring as possible; placing your hand gently on your baby’s chest may be enough to help him settle. 	
LEARN about the importance of consistency with nap and bedtime routines...	<ul style="list-style-type: none"> • Routines are very important now, try to put your baby down for naps and bedtime at about the same time every day. • Have consistent activities you do every night to let your baby know its bedtime; turn the lights down, rock your baby, give them a bath or wash their face, tell them it’s time for bed, feed your baby, and/or read a bedtime story. 	
LEARN about Active Sleep vs Quiet Sleep	<ul style="list-style-type: none"> • After about four months old, when babies fall asleep, they immediately go into Quiet Sleep and it is difficult to awaken an infant in Quiet Sleep. • You can start to put your baby down to sleep while she is still awake but drowsy. Over time, she will learn to fall asleep this way and will develop regular sleep patterns and behaviors. 	

**see back side of pamphlet for more details*

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