



CANTERBURY - BANKSTOWN Express

Date: Tuesday, 27 September 2005
Page Number: 16
Edition: FIRST
Supplement: MAIN

Market: NSW Sydney
Circulation: 85,148
Published: WEEKLY
Editorial: [email the editor](mailto:email.the.editor)
Item No: P7695961

Size: 97.36 sq. cm.

Sleep patterns vary with every babe

A NEW baby brings many joys and challenges for parents and sleep is an issue which often takes centre stage.

New parents are often asked if they're getting enough sleep and how long their babies sleep.

What parents really need to know is how much sleep their baby requires.

Babies' sleep patterns change as they grow and develop.

Most newborn babies sleep a lot from birth to three weeks. After this babies often become more alert and wakeful. By six weeks, many babies enjoy being awake for about one hour, then

sleep for two or three hours, gradually increasing the wake time to about 90 minutes by three months of age.

At six months many babies will be extending this wake time to about 2½ hours, then sleeping for an equivalent time. These times are only a guide. The best way to get to know how much sleep your baby needs is to become familiar with their tired signs. These are the signals that tell you baby is ready to have a sleep.

Tired signs often include a change from happy to grizzling

or crying, clenching fists, grimacing or jerky hand and foot movements. If these signs are acted on quickly, your baby will settle more easily and possibly sleep more soundly.

If you would like more information about the sleep needs of infants or other information on caring for children from birth to five, call the Karitane Careline on 1300 227 464.

By Karitane Child and Family Health clinical nurse consultant Debbie Nemeth.