



Help protect your growing family

Safe and restful sleep for your newborn

The first months of a baby's life can be the hardest for parents. With no sense of day or night, babies have their own sleeping schedule, and it likely doesn't match yours. Add to that ever-changing eating patterns, and parents are often lucky if they get two solid hours of sleep at a time. You're not alone. This is a short time in your baby's life and we're here to help you through it.

How long will my newborn sleep?

Babies need lots of sleep. According to the National Sleep Foundation, newborns should get at least 14 to 17 hours of sleep over a 24-hour period. Newborns usually wake every couple of hours to eat, but this can be different for each baby. If you have a newborn that sleeps longer, you'll likely have to wake them every three to four hours so they can eat. This is typically only needed for the first couple weeks. Once your baby starts to gain weight, it's OK to let him or her sleep for longer periods of time.

Some babies start to sleep through the night (for five to six hours at a time) by 2-3 months of age. But don't worry if yours doesn't. Every baby is different.

How should babies sleep?

During the first weeks of a baby's life, some parents choose to room-share. This is when you place your baby's crib, play yard or bassinet in your bedroom instead of a separate nursery. This keeps your baby close and helps with feeding, comforting and monitoring at night. The American Academy of Pediatrics (AAP) recommends room-sharing without bed-sharing.