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SLEEP TRAINING FOR BABIES

Our brains have a 24 hour clock for sleep. Deep (stage IV) sleep sets that clock. Babies are born without a setting on that clock. If it gets wrong, you'll be up all night and have a baby who sleeps all day. So here's how to set your baby's sleep clock! This will take about 10 – 14 days of consistency.

1. **Make sure your baby is deprived of deep sleep during the day.** (It takes about an hour of undisturbed sleep for a baby to fall into deep sleep). You can do this by keeping lights on, making a lot of noise, or music. Carrying packs and slings are great because every time you move you're disturbing her sleep. Each time you pass her bassinette, if she's sleeping, jiggle it a little, or shake a toe, just enough to make her move and disturb her sleep.
2. **Choose a bedtime – preferably the same as yours.** Every night at that time, do your last feeding of the day in a dark and quiet room. After her feeding, **with her still awake**, set your baby down, undisturbed and she will go into a deep sleep in about an hour. If that is the only time your baby is going into a deep sleep, and you've deprived her of deep sleep during the day, her brain will set that sleep clock to that time in about 1 ½ - 2 weeks. Make bedtime a routine – try to stay regular with feeding and bathing, etc.