

## **Five Tips for Parents of Newborns To Get More Sleep**

Welcome to your fourth trimester of pregnancy.

There is much to learn, and there is much you already know. Sleep is a necessity in order to function every day. Sleep, or lack of, is one of the main ingredients for a downward spiral into a turmoil of emotions.

Caring for a newborn baby takes energy. Sleep, along with proper nutrition, will support you in the newborn phase, and beyond.

Newborn babies do not sleep like adults do. They awaken every 2-4 hours and are completely dependent on someone else to take care of their needs. Babies have a sleeping and breathing pattern that is unfamiliar to new parents.

### **How much sleep do you normally require (pre-baby)? Is it possible for you to get the sleep you need to feel rested?**

The first question is relative. Everyone is different. On average, adults function better with at least 7 hours of sleep. And, yes, it is possible to get the sleep you need. Although, you may have to adjust what that looks like. (Tip #4).

### **These five simple things can change your experience of life with a newborn.**

Here are my five tips for you:

1. **Learn about newborn sleep cycles.** Babies have different patterns, behaviors and sounds. Knowing what these are will support you with when, where, and how you sleep in relationship to your baby.
2. **Sleep when your baby sleeps.** This is the best advice I ever received and the only real advice I give out as a postpartum doula. In order to accomplish this, you will have to institute the other four tips.

3. **Reduce your to-do list.** Now that you have a newborn baby to care for you have a new job. This is a 24/7 gig. In order for you to function and care for this tiny human, it is necessary to let go and delegate.
4. **Give yourself permission to stay in bed longer.** If you need 7 hours of sleep, and your baby wakes every two hours to feed, you may be in bed for 14 hours. **IT'S OKAY.**
5. **Enlist your partner, friends or relatives to do the chores.** Your job is to rest, breastfeed, and nourish yourself. The laundry, cooking, and cleaning are for others to do.

I do hope this is helpful for you as you navigate your journey of motherhood, and the newborn phase. It is over quickly. The sooner you get to know your baby, the easier it becomes. Being responsible for a tiny human is a big deal. You got this!!! Stay present, and find the joy.