KEY POINTS to REMEMBER

🌟 Your children should be in the same room as you for the first six months.

🌟 It’s very likely that your children will have different sleep needs.

🌟 It’s also likely that one will sleep through before the others.

🌟 Some parents have found that if one child wakes in the night waking the other/s can help to synchronise feeds.

🌟 A sleep diary may help to show sleep patterns for each child.

🌟 If your children were premature you will need to use their corrected age instead of their actual birth age for the guide below.

NEWBORN to TWO months

- They can’t distinguish between night and day yet.
- Awareness develops within a few weeks and is starting to become established by two months.
- Growth spurts can interfere with sleep (one to two weeks and two months) remember these happen for each child at different points.
- Reflux can impact upon a child’s sleep (speak to your Health Visitor).
- Sleep cycles can be very short at this stage (45 to 90 minutes).
- Newborns need the comfort of their care givers - slings can help.*
- Newborns feed frequently. With multiple babies this may be at different times.

SLEEP REQUIRED
- Total hours needed on average -

<table>
<thead>
<tr>
<th>Aged</th>
<th>DAY</th>
<th>NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week</td>
<td>8 hours</td>
<td>8½ hours</td>
</tr>
<tr>
<td>4 weeks</td>
<td>6¾ hours</td>
<td>8¾ hours</td>
</tr>
</tbody>
</table>
**THREE to FOUR months**

- This may be a good time to introduce a bedtime routine.
- Parents are now more skilled at recognising sleep cues (cues are children’s signals that they are tired such as rubbing their eyes).
- Babies may begin to sleep longer at night but frequent night waking and feeding is still normal. It is very common to have one child sleeping better than the other/s.
- Growth spurts are common at three months. Remember, this may take place at different times for each child.
- Sleep cycles start to extend to around 90 minutes.

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**SLEEP REQUIRED**
- **Total hours needed on average**

<table>
<thead>
<tr>
<th></th>
<th>DAY</th>
<th>NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aged 3 months</td>
<td>5 hours</td>
<td>10 hours</td>
</tr>
</tbody>
</table>

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**FOUR to FIVE months**

- Sleep regression can occur due to developmental changes.
- Sleep regression is thought to occur when a child who is normally sleeping well begins to wake frequently at night and/or fights or refuses naps.
- Night feeding is still common at this stage.

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**SLEEP REQUIRED**
- **Total hours needed on average**

<table>
<thead>
<tr>
<th></th>
<th>DAY</th>
<th>NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aged 5 months</td>
<td>4 hours</td>
<td>10 hours</td>
</tr>
</tbody>
</table>
SIX to EIGHT months

- Your children may sleep for longer stretches (four to five hours at a time).
- Night feeding is still common at this stage.

SLEEP REQUIRED
- Total hours needed on average -

<table>
<thead>
<tr>
<th>Aged</th>
<th>DAY</th>
<th>NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months</td>
<td>4</td>
<td>10</td>
</tr>
</tbody>
</table>

NINE to TWELVE months

- This is a common age for sleep regression.
- More parental input might be needed due to separation anxiety (this may be different for each child).
- Separation anxiety refers to a developmental stage in which a child experiences anxiety due to separation from the primary care giver.

SLEEP REQUIRED
- Total hours needed on average -

<table>
<thead>
<tr>
<th>Aged</th>
<th>DAY</th>
<th>NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 months</td>
<td>2¾ hours</td>
<td>11¼ hours</td>
</tr>
<tr>
<td>12 months</td>
<td>2½ hours</td>
<td>11½ hours</td>
</tr>
</tbody>
</table>

*It is important that you use a sling safely - visit www.lullabytrust.org.uk/swaddling-slings for information on correct sling use.*

To find out more about sleep you may like to visit our sleep web pages:
www.tamba.org.uk/Parenting/First-Year/Sleep

We also have a sleep webinar which is suitable for twelve months plus:
www.tamba.org.uk/sleepwebinars