

## Know Baby States of Arousal

|                              |   |
|------------------------------|---|
| <b>Quiet or Deep Sleep</b>   | Lies very still. May startle or twitch. No face or eye movements. May have sucking movements.   |
| <b>Active or Light Sleep</b> | Some body and face movements. May suck or smile. May make brief fussy or crying sounds. Eyelids may flutter.  |
| <b>Drowsy</b>                | Smooth body movements. Mild startles. Eyes may open and close, be heavy lidded, dull, or appear glazed. May have facial movements.                  |
| <b>Quiet Alert</b>           | Small or large body movements. Eyes are open and bright. Face has a bright shiny look. Baby will focus on another's face, voice, or moving objects. |
| <b>Active Alert</b>          | Increased body movement. Some fussing. Eyes are open, less bright. More sensitive to noise and hunger.  |
| <b>Crying</b>                | Cry, facial grimace, and increased body movement.   |

*Note: Most babies move smoothly between states, moving up and down, one or two states at a time. In newborns, this change can occur quickly.*

**NOTE:** If you feel overwhelmed, please put your baby in a safe place and take 5! Splash cool water on your face, take a series of deep breaths, listen to some soft music for a few minutes, or get a drink of water. Then return to your baby and try some soothing activities again. ALWAYS call for help if you feel you may hurt your baby.

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programs

Promoting nurturing environments  
for young children

NCAST Programs, University of Washington  
School of Nursing, Box 357920  
Seattle, WA 98195-7920  
206.543.8528 ncast@uw.edu

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## How to Promote Good Sleep Habits

Birth to Three Months

Birth to three months of age is often referred to as the “4th trimester.” Your newborn is transitioning from the womb into the world. This is an exciting but often stressful transition. Once in the world, newborns are faced with major adjustments and are completely dependent on the adults who care for them. Your newborn is not yet able to regulate his own feeding or sleeping patterns, so he needs your help and support to learn this. This is also a time of transition for you. Be gentle with yourself during these first few months, as you learn about your new baby and your new role as a parent. Reach out for help, sleep as often as you can, and take care of yourself during this time. It’s a slow learning process that all parents have experienced; but with time, the 4th trimester gives way to early infancy and more consistent patterns of feeding and sleeping.

### Did you know that...

...unpredictable day/night sleep periods become more predictable and regular as your baby grows?

...babies gradually sleep more at night than in the daytime?

...crying and fussing usually increases in the 2nd week, peaks around 6 to 8 weeks, and then gradually declines?

| WHAT YOU CAN DO   | Newborn to 4 weeks   | 5 to 12 weeks  |
|---|--|--|
| <b>LEARN</b> to spot sleep cues and act on them...  | Yawning, eyes less focused, rubbing eyes, eyes glazed, eyes opening and closing, heavy lidded eyes, decreased sucking during feeding, less interested in interaction, turning away from stimulation, less organized body movements, and fussing.   |  |
| <b>LEARN</b> about newborn and infant sleep patterns...   | <ul style="list-style-type: none"> <li>• Sleep short periods, waking up every 2-3 hours; at least twice during nighttime hours.</li> <li>• Total sleep is about 16-18 hours.</li> <li>• The longest sleep period is usually about 2-4 hours.</li> </ul>  | <ul style="list-style-type: none"> <li>• Sleep short periods, but by 3 months they begin to sleep more at night than during the day.</li> <li>• Total sleep is about 11 to 15 hours.</li> <li>• The longest sleep period is usually around 4-6 hours.</li> </ul>   |
| <b>LEARN</b> about early feeding patterns...  | <ul style="list-style-type: none"> <li>• Feeding on demand supports sleep.</li> <li>• Feeding frequently, 8-12 times per day; no regular pattern.</li> <li>• A satisfying feeding at bedtime promotes sleep.</li> </ul>  | <ul style="list-style-type: none"> <li>• Continue to feed frequently, 8-12 times per day.</li> <li>• Feeding starts to decrease at nighttime.</li> <li>• A satisfying feeding at bedtime promotes sleep.</li> </ul>  |
| <b>LEARN</b> about how the environment influences sleep...  | <ul style="list-style-type: none"> <li>• Newborns do not yet respond to light as a cue for sleep.</li> <li>• Newborns do respond to temperature, so make sure your newborn is not too hot or too cold.</li> <li>• Sleep spaces should be quiet and calm to promote sleep.</li> </ul>   | <ul style="list-style-type: none"> <li>• Infants will be more responsive to light as a cue for awake and sleep times; use low lights to promote good sleep.</li> <li>• Continue to use a quiet, soothing environment to promote sleep.</li> </ul>  |
| <b>SUPPORT</b> your baby's learning to self-soothe...   | <ul style="list-style-type: none"> <li>• Newborns are not yet able to self-soothe; but by providing swaddling, infant massage, and reduced stimulation you can support your baby's ability to self-soothe as they grow.</li> <li>• Soothing actions are typically slow and repetitive.</li> </ul>  | <ul style="list-style-type: none"> <li>• Now is a good time to introduce objects to support self-soothing and the transition to sleep; offer a small piece of soft cloth (a "lovey"), pacifier, or finger sucking.</li> <li>• Keep interactions minimal and non-stimulating during the times you want your baby to sleep.</li> </ul>   |
| <b>DEVELOP</b> bedtime routines...  | <ul style="list-style-type: none"> <li>• To the best of your ability, maintain some routines in your household to separate day and night.</li> </ul>   | <ul style="list-style-type: none"> <li>• Begin establishing a few rituals for bedtime, such as quiet time in a rocking chair, a softly sung lullaby, dimming lights, or reading a bedtime story.</li> </ul>  |
| <b>LEARN</b> about Active Sleep vs Quiet Sleep...<br><br><i>*see back side of pamphlet for more details</i> | <p>From birth to three months, when infants fall asleep, they are in Active/Light Sleep and are easily awakened. After a period of Active/Light Sleep, infants enter Quiet/Deep Sleep; they are difficult to awaken during Quiet/Deep Sleep.</p> <ul style="list-style-type: none"> <li>• Try putting your baby down for sleep while he is in Quiet Sleep since the movements of Active Sleep may awaken her.</li> <li>• Newborns do wake up frequently to eat; if it has only been a short time since you put your baby to sleep, wait a little to see if he is really waking up or just transitioning from Quiet Sleep to Active Sleep. After waiting, provide quiet soothing to see if baby returns to sleep. If he returns to sleep, your baby was transitioning into or out of Active Sleep. Babies cycle through periods of Active Sleep and Quiet Sleep and begin to link several of these sleep periods as they grow.</li> </ul> |  |
| <b>LEARN</b> about crying and evening fussiness...  | <ul style="list-style-type: none"> <li>• Crying is the most common emotional display during this time and is essential for survival.</li> <li>• Babies often begin to cry more when they are about two weeks old.</li> </ul>   | <ul style="list-style-type: none"> <li>• Crying peaks around 6 to 8 weeks, often for a total of about 2 hours a day.</li> <li>• Crying decreases to about 70 minutes per day by around 10 to 12 weeks.</li> <li>• Some babies cry more than average; if yours does, please get support from family, friends, and health care providers to handle the stress of a more "fussy" baby.</li> </ul> |