



FÉDÉRATION
Nourri-
Source

THE SLEEP OF THE NEWBORN

A question of neurological maturity

- At birth, sleep is influenced by gestational age and neurological maturation
- Certain changes can affect sleep
- During the first year, brain development allows for increased periods of wakefulness
- Eventually, the child will have the ability to go through several sleep cycles



How to help?

- Adjusting your sleep to your baby's
- Breastfeeding helps baby fall asleep
- A bedtime routine reassures the child
- Sleeping in the same room as the mother helps reassure baby and avoids going to another room to get him



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REFERENCE: LE PETIT NOURRI-SOURCE

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