



# NEWBORN SLEEP

*Understanding and solving "day & night confusion" so you can get more rest in the newborn stage!*

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# Welcome!

Congratulations on the new addition to your family, this is such a precious time to have a new bundle of joy in your home! In this guide, you will find a variety of tips and information to help you navigate sleep during the newborn period. There's a lot of information out there about safe sleep, getting babies on schedules, feeding, and practicing sleep in the crib. So much information and so many different opinions can feel overwhelming at times so I've put everything together for you here in one simple place!

## ABOUT

I'm a certified pediatric sleep consultant and I'm also a mom of 2. Our family of 4 lives in Littleton, Colorado. I have been through the thick of the newborn phase twice now, so I am no stranger to the highs & lows of the season you're in!

When I was first pregnant, I never once thought about how my new baby would sleep...or wouldn't sleep. I just assumed babies knew what to do when it came to sleep, and wow, was I so wrong! I remember being up with my son countless times at night. In those first few months, a 2-3 hour stretch of sleep was considered a miracle. One night I remember feeding him then pacing the hallway to rock him back to sleep, but as I looked down at his sweet face, his eyes were WIDE. OPEN. It was 2 AM!! I walked up to my husband, who was sleeping peacefully, and woke him up. In tears, I handed him our son and said, "Just take him, I don't know what to do anymore." I've come a long way since then and now know A LOT about newborn sleep and I'm an expert at helping parents tackle things like sleepless nights, false starts, teaching independent sleep skills, weaning night feeds, lengthening naps, and finding a consistent daytime schedule.



## LET'S CONNECT!

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## EXPECTATIONS

There is no doubt.. the newborn stage is *tough!*

During the newborn phase, there are many sleep goals we can work toward, but I also want to gently remind you of a few things regarding expectations. Almost everything we do for sleep during the newborn phase can be thought of as, "practice". I will encourage you to practice routines like eat, play, sleep and to practice having your little one fall asleep independently with naps in the bassinet. But ultimately, newborn sleep tends to be very inconsistent and that is developmentally normal! For example, it is normal for a nap to last anywhere from 20 minutes to 2 hours. Keep your expectations to a minimum and be kind to yourself and your baby when it feels like the practice is not going well. It will all come together with time and consistency. Remember too that you can't spoil a newborn! So some days you may just feel like soaking up every single snuggle that you can and let these things go, that's okay too!

# ABC'S

## of safe sleep



### ALONE

Your baby's sleep space (bassinet, crib, or pack n play) should be empty of everything except a tight-fitted sheet. Around age 1 you can introduce a lovey to sleep with and around 2 your child can sleep with a blanket.



### BACK

Always place your baby down on their back for sleep. If you're concerned about reflux, you can hold your baby upright for at least 20 minutes after the feeding before laying him or her down on their back.



### CRIB

The safest place for your baby to sleep is in their own crib, bassinet, or pack n play. Room sharing is strongly recommended, but bed-sharing is not.

## ENVIRONMENT



### TEMPERATURE

The room should be what you consider comfortable, for many families, but not all, this is about 68-72 degrees Fahrenheit. Your baby should be dressed in a similar amount of clothing and layers as you (including your blanket).



### WHITE NOISE

It's best to use a continuous white noise machine, as opposed to white noise on a loop. This helps block out any noises that may potentially awake your baby and disrupt their sleep.



### DARK ROOM

At night, the room your baby is sleeping in should be totally dark. For night feedings, use a dim light preferably with a red hue. Once day + night confusion is corrected, then the room for naps should also be completely dark.



# day + night **CONFUSION**

## WHAT IS "DAY + NIGHT CONFUSION"?

In the first 4-6 weeks, a lot of babies have day and night confusion. This means they may try to sleep longer stretches during the day and be more alert and interactive at night.

This is common because in the womb babies tend to sleep more during the day while their mom is up and about the movement rocks them to sleep. Then at night when a mom lays still, the baby tends to kick and be active in the womb.

Some signs of day and night confusion would be: your baby takes multiple 2+ hour naps, is wide awake at night after being fed or soothed, is sleeping in short increments at night, or even seems to need more feedings throughout the night than during the day.

There are many things you can do to help correct this, ultimately our goal is that your little one would sleep longer stretches at night when you're sleeping too!

For example, it is never too soon to have morning and evening routines that impact the development of your baby's internal clock. Creating a consistent and relaxing bedtime routine will significantly help your baby distinguish between nighttime sleep and naps! It can be short and simple, but these will be social cues that your baby can learn and help them understand that it's nighttime and time to get ready for bed. A bedtime routine can include a bath, a lotion massage, change into pjs and swaddle, feed, read a book or two, sing a song and snuggle, then place him or her (awake but sleepy) into the bassinet.

See below for a checklist on how to solve and correct day & night confusion.



# YOUR CHECKLIST

## CORRECTING DAY + NIGHT CONFUSION

- Allow daytime naps to be in a normal, bright room (as opposed to in a dark quiet space) for the first 4-6 weeks.
- Nighttime sleep should be in a very dark room with continuous white noise.
- Limit how long your baby's naps are to help preserve longer stretches of overnight sleep. I recommend capping daytime naps at 2 hours.
- Make sure your baby is being offered more feedings during the day than overnight. When a baby takes most of their calories overnight rather than during the daytime, that is referred to as "reversed cycling". Offer feedings during the day every 2.5-3 hours.
- Get as much natural sunlight as you can during the day
- Start consistent morning and evening routines. Your bedtime routine can be a longer version of your nap routine.
- Wake your baby around the same time every morning. It does not have to be the exact same time, but within a 30 minute time frame is helpful.



# routines to help with DAYTIME NAPS

While it's true that you can't spoil a newborn and you don't need to worry about rocking or feeding to sleep right now, it's also true that you can instill helpful sleep habits from the very beginning.

## A quick routine for you

Diaper  
change



Swaddle



White  
Noise On,  
Lights off



Kisses,  
cuddles,  
bed!

I recommend that the first 2-3 morning naps you **practice** putting your baby down awake

We are not sleep training your newborn, instead we are practicing independent sleep and laying a foundation of helpful and sustainable sleep habits! Let's start with a simple nap routine you can easily follow, these are social cues to your baby that time for sleep is coming!



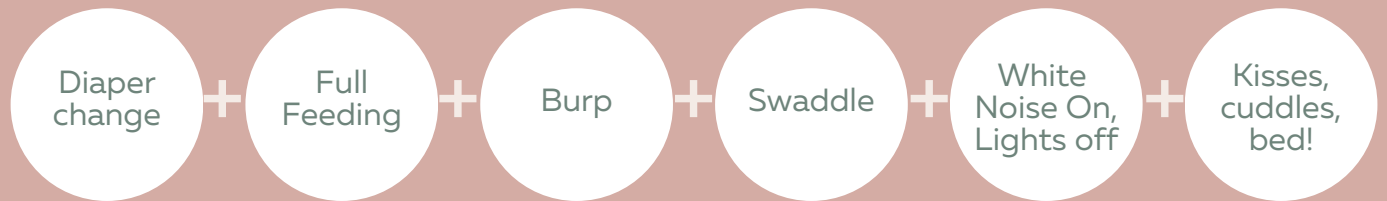
# NIGHT-TIME ROUTINES

Making your bedtime routine a slightly longer version of your nap routine will help your baby distinguish between daytime sleep and night-time sleep.

The best way you can get more sleep at night is by putting your baby down awake at bedtime, so that he or she can become familiar with falling asleep on their own. When a baby can fall asleep independently at bedtime, they are less likely to wake up for assistance back to sleep and are more likely to only wake up when truly hungry!



## A quick routine for you

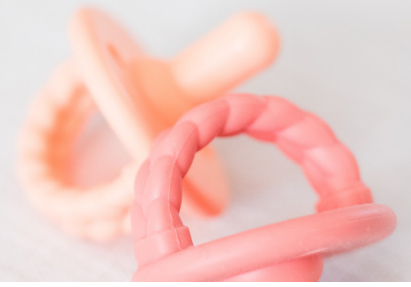


Before 4 months of age, drowsy but awake will work for a lot of babies. As your little one leaves the newborn stage though, make sure you work towards putting him or her down fully awake.





# need a helping HAND?



## CLIENT TESTIMONIAL

"I would 1000% recommend Anna! I'm still in shock that my 3 month old is sleeping through the night and taking some 2 hours naps independently. Before working with Anna, she was nursed to sleep and I was nap trapped for every single nap. I am so grateful for all Anna's help. I now have free-time during my daughters naps and I am well rested!"

-Brooke, mom of a 3 month old



## Is your baby approaching 3 months old?

Schedule a free discovery call to discover more about my sleep programs and to help decide whether or not my programs are the right fit for your family!

Everyday I help parents tackle things like sleeping in the crib, short naps, frequent night wakings, weaning night feeds, and getting on a daytime schedule!

## I'D LOVE TO WORK WITH YOU!

Need more support?

**Purchase the full guide here!** An additional 22 pages of information covering everything you need to know to navigate sleep during the newborn stage, the full guide covers:

- The 4 month sleep regression
- Setting helpful sleep foundations
- Dressing your baby for sleep, including swaddling
- Successful feeding + sleep
- Naps in the crib
- Handling overnight wakings
- The soothing ladder
- And so much MORE!

**BOOK A CONSULT**