



## Newborn Sleep Guide

Newborns need lots of sleep, but it happens in bursts that parents' sleep cycles are not used to. This guide is helpful in understanding what can be expected from your little one in those early days and weeks—although remember it's just a guide. They transition from this cycle around 3-4 months of age.

<b>TOTAL SLEEP</b>	14-17 hours
<b>DAYTIME SLEEP</b>	4-6 hours total (30 min - 120 min each nap)
<b>NAPS</b>	4-6 naps
<b>WAKE WINDOWS</b>	0-8 weeks: 40-60 minutes 8-12 weeks: 60-90 minutes

### A Sample Newborn Sleep Cycle

- 0-10 minutes: falling asleep
- 10-20 minutes: falling deeper into sleep
- 20-30 minutes: deep sleep
- 30-40 minutes: emerging from deep sleep
- 40-50 minutes: light sleep, easily awakened

This guide was created in collaboration with sleep consultant Julie Connelly for Expectful, Inc.