



# SLEEPING TIPS FOR NEW PARENTS

For new mothers, hormonal changes, fatigue, and the high demands of a newborn can commonly result in the baby blues, or a dip in energy and mood. Sleep is especially important during this time. If your baby blues last more than two weeks or your symptoms become more severe, call your care provider.



**Sleep when your baby sleeps.** Take naps during the day when your baby does. Turn off the phone and turn a blind eye to all those chores: they can wait.

**Create a good sleep environment.** Keep your room and your baby's room cool, quiet, and dark. A crib or bassinet beside your bed is the safest place for your baby to sleep for the first 6 months.




**Share the nighttime wake-up calls.** Your support person can help out by bringing baby to you and handling the diaper changes. If bottle feeding, take the duties in turn.

**Establish daytime and nighttime routines.** Keep active with baby in the daytime and create a calmer atmosphere in the evening. This promotes longer periods of sleep through the night.



**Do not be tempted to sleep with baby in bed with you.** If you feed your baby in your bed, return them to their crib/bassinet when they are done. Co-sleeping may be easier but it is not a safe practice.



**Do not be afraid to ask for help.** When family or friends visit, ask if they would help with a chore while you bond with your baby or watch the baby while you grab a quick nap. They will understand and be happy to help.

**Get outside.** Time outdoors, even a short walk around the block, can have many positive effects on your mental health.

