

Baby sleep patterns

zzz

the
lullaby
trust

You might feel that you should help your baby to sleep for longer or through the night. However, it is normal for babies under one (or sometimes older) to wake during the night.

Babies' sleep patterns are different to adults' and change over the first few years.

Young babies will wake frequently to be fed. Night waking can be really hard, so asking for help and making a plan for how to cope can really help.

Encouraging babies to sleep for longer and more deeply for their stage of development may affect their ability to wake up if something is wrong, such as if their mouth and nose become covered. This is a risk of sudden infant death syndrome (SIDS).

How much do babies sleep?

Newborn

Your baby may sleep for anywhere between eight to 18 hours a day, but only for two to three hours at a time.



3-6 months

Your baby may sleep for longer periods now as they need fewer night feeds. Some babies may sleep for eight hours or longer at night, but not all will.



6-12 months

Your baby may sleep for up to 12 hours at night but factors like teething, illness or hunger may mean they wake more frequently again.



Around a third of babies will have never slept all night by 12 months. All babies are different and their sleep patterns will change, so try not to compare your baby to others.

If you are really worried about your babies' sleep pattern, ask your midwife, health visitor or GP for support.

For more advice on safer sleep for babies visit: [lullabytrust.org.uk](https://www.lullabytrust.org.uk)

Remember:

Sleeping your baby in the same room as you for at least the first six months helps to reduce the risk of SIDS

