



LENGTHENING NEWBORN NAPS: AT A GLANCE



- Infant Sleep Cycles
 - 40-60 minutes long
 - Two Phases: Active (20-30 min) and Quiet Sleep (30-40 min)
 - Active Sleep
 - easily disturbed, restless and noisy sleep
 - Quiet Sleep:
 - very sound sleep
 - easy to move, transfer or feed without waking them
 - Bridging between cycles independently occurs around 6 months
- Motion as a stepping stone for longer naps
 - Put them into an already moving swing or similar option
 - When ready to transition, start to decrease swing speed until they are eventually napping in a still swing, then move to flat surface
- Putting them down (2 options)
 - Drowsy but Awake
 - Put them down right before they fall asleep so you do not risk disturbing their active sleep phase
 - 15 minute rule
 - Wait until they are fully asleep for at least 15 minutes before transferring
- Did you?
 - Create a smaller more defined space with tightly rolled towels or by putting them in their crib vertically
 - Warm their sleeping space with a Hot Water Bottle
 - Swaddle them tightly
 - Put on a sound machine
- If they wake before 40-60 minutes
 - Pick them up without making eye contacting or changing sleeping environment (lights, sound machine etc.)
 - Check for symptoms of distress like a poop, spit up, gas, or temperature
 - Do not change wet diaper unless overly full or in a cloth diaper
 - Offer to nurse or use some other soothing method until the point of *drowsy but awake*, or *fully asleep*
 - If you are unable to get them back to sleep, try bringing them into some stimulation for awake time for *no longer than the length of the last nap* (especially if that nap was shorter than 40 minutes)
- Naptime Dream Feed to lengthen beyond 60 minutes
 - Pick them up when they are in the 'quiet phase' of sleep and nurse your baby to reset the sleep cycle and hopefully bridge them to a new cycle.