

Neonatology

Sleeping guide (6-12 months)

Perth Children's Hospital and Neonatology

King Edward Memorial Hospital and Perth Children's Hospital

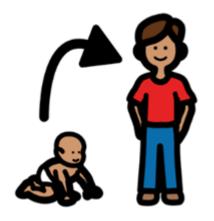


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Why is sleep important?



Babies grow fast!

Sleep helps their brain and body grow strong.



While **some babies** sleep **well**, some others may need a bit of **help**.

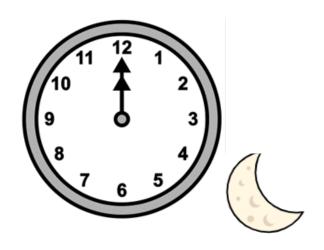


If you are finding baby's sleep tough, you're not alone.

Sleep issues are very common.



Your baby will need 12-16 hours total sleep (this include naps).



This should include **9-12** hours **nighttime sleep**.



And **2-3 naps** during the **daytime**.

7 key tips for healthy sleeping

1. Make a bedtime routine

Do the **same things** each night before bed. This helps your baby know it's time to sleep. Example: Bath \rightarrow Book \rightarrow Cuddle \rightarrow Bed.

2. Choose a regular bedtime

Try to put your baby to bed between **6:30pm and 8:00pm** every night.

3. Help your baby fall asleep on their own

Put your baby in bed when they are **sleepy but still awake**. This helps them learn to fall asleep by themselves.

4. Make the room calm and safe

Let your baby sleep in a **cot** in their **own space**. Keep the room **dark and quiet**. Use a **firm mattress**. **Do not use pillows or loose blankets**. Always place your baby on their **back to sleep**. Keep the room comfortable, between **18°C and 22°C**. Dress your baby in **comfy clothes** for sleep.

5. Stay calm during the night

Babies may wake up during the night. Keep your voice **quiet and calm**. A short cuddle can help them go back to sleep.

6. Watch for sleepy signs

Your baby may rub their eyes, yawn, or stop playing. These signs mean **they are tired**. Try to put them to bed before they get too tired, as this can make it harder to fall asleep.

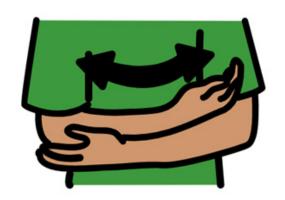
7. Feeding and sleep

Between **6 and 12 months**, some babies may **not need to feed during the night** anymore. But every baby is different. If you're not sure, ask your doctor, nurse, or healthcare worker for advice.

What is a sleeping habit?



A sleep habit is anything your baby learns to rely on to fall asleep, like rocking, feeding, patting, sleeping together or being held.



These can **comfort** baby in the **short term** but may **lead** to baby needing **help** when they **wake**.

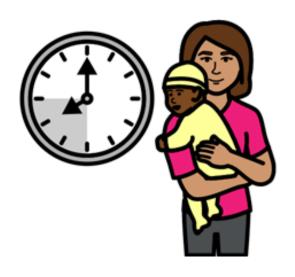


Common sleep habits are feeding, rocking, being held or using a dummy to sleep.



To **break** a **habit** try creating a **new routine**. Try this:

bath → quiet play → story → cuddle → into bed.



Put baby down when they are sleepy but still awake, so they learn to sleep on their own.



This is a **fade out** approach. **Slowly** do **less rocking**, **holding** or **co-sleeping** each

night until baby learns to **sleep by themselves**.



Instead of **rocking**, try **gently patting** baby while they **lie** in the **crib**.



Each night, move a little farther away, start next to the crib, then a few steps back, then outside the room.



Keep doing this **slowly** until baby learns to fall **asleep** all by **themselves**.

If your baby was born early



Babies born before **37 weeks** might take **longer** to learn **sleep** habits. Give them **extra time**.



Keep a **calm** and **regular bedtime routine**.



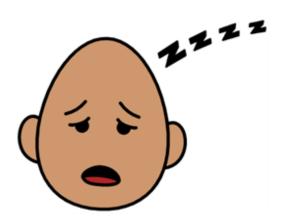
Be patient and consistent!

Babies learn with practise and time.

When to see a doctor?



If your baby struggles to breathe at night, snores loudly, or leaves the pillow wet with drool, it may be a sign to check in with your GP.



If they wake often or seem tired during the day, trust your instincts, reach out for support.



Some babies need help with sleep. Poor sleep can make it harder for babies to **feed** well and gain weight.

Key contacts

King Edward Memorial Hospital Reception - NICU



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Perth Children's Hospital Reception - NICU



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Perth Children's Hospital Aboriginal Liaison Service



6456 2222

King Edward Memorial Hospital Child Care Centre



6458 1370

Perth Children's Hospital Child Care Centre



6456 0501

King Edward Memorial Hospital Aishwarya's Care Call



0414 930 196

Perth Children's Hospital Aishwarya's Care Call



6456 0337

South Coastal Health Services - Babbingur Mia



9550 0900

Derbarl Yerrigan Health Service



9421 3888





Government of Western Australia
Child and Adolescent Health Service





For more information scan the QR code or visit cahs.health.wa.gov.au/Neonatology-Resources

If you need help with language, talk to our staff or call the Translating and Interpreting Service (TIS) on 131 450. We can also give this document in other formats for people with disability.

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