

## Healthy Sleep Basics

*Sleep Begets Sleep*—Often times babies have trouble sleeping simply because they are overtired. While many people may encourage you to keep your child up to get him to sleep better or longer, the opposite is usually true.

*Sleep is a biological need*—Healthy sleep should be viewed with the same importance as healthy nutrition or exercise. Sleep is vital to your child’s developing brain and growing body. Making sleep a priority is key to your child’s overall health.

*Sleep quality matters*—Sleep that occurs in the car, stroller, or swing is not the same high-quality sleep that occurs in the crib. After 3 months of age your goal should be for most of your child’s sleep to take place in the crib (or co-sleeper) – this is true for both naps and nighttime sleep.

*Consider the environment*- A “cave-like” environment is best for sleep. This means a cool, dark, quiet room. White noise may be helpful and night lights should not be too bright.

*Consistency, consistency, consistency* - Create a routine and plan that works for your family and stick with it. Children thrive on routine and sleep is no exception. Additionally, children who have this type of structure tend to recover more easily when disruptions to this routine occur (i.e., illness, teething, vacations).

***Do not underestimate the value of a well-rested family. You deserve it. It is achievable!***

Have questions or comments? I would love to hear from you!