

***Dr. Wall's guide to:***

**Infant Sleep**

As your baby matures, their ability to sleep well matures as well. This is a time that many families use to practice sleeping habits and routines that promote healthy infant sleep.

If this is something that you are considering, there are many techniques that help baby learn to sleep. Sleeping is a learned skill. A sleep cycle is about 20 minutes long, and we all stir and go in and out of deep sleep, but you and I have learned how to go back to sleep so that we often don't even know we may have been briefly more awake.

A baby has not learned this skill yet. We can help babies learn this skill by:

- putting them down to bed sleepy but still awake
- putting them down without "props" like soothers, which will often fall out while they are sleeping and they will wake and search for it, preventing them from falling back to sleep without it
- sometimes gently allowing them to be restless or mildly awake and allowing them time to experiment with putting themselves back to sleep.

Every family finds strategies that work for them. If you're looking for more strategies, there are a lot of really great resources out there on infant sleep. Here are some of them:

**To read:** *Sleep Sense Program - Dana Obleman* - Available on amazon, on her website and many other places. This book has simple easy to read instructions for various sleep struggles from newborn to toddler.

<https://www.healthlinkbc.ca/sites/default/files/safer-sleep-for-my-baby.pdf>



**To listen:** Two of our local doctors Dr Alicia Power (FP-OB) and Dr Maria Kang (Peds) created a podcast on an intro to Sleep Training found [here](#).

[https://open.spotify.com/episode/1UVbZZqxT5Dj4WeLiJZ7yj?si=jMzaIdCTSJSzhOSjN9uE\\_A](https://open.spotify.com/episode/1UVbZZqxT5Dj4WeLiJZ7yj?si=jMzaIdCTSJSzhOSjN9uE_A)



**To follow:** [Wee Bee Dreaming](#) and many other pediatric sleep consultants have blogs, webpages, social media and more with guidance on nap transitions, how to create an optimal sleep environment and more.

