

A regulated parent nervous system can help regulate a baby's nervous system.

How Important is Sleep?

All of your bodily systems are impacted by sleep, so a lack of sleep can be connected to many illnesses.

When you have a baby, everyone's sleep is affected. Parents' sleep often does not return to pre-pregnancy levels until the child is six years old.

If you're not able to sleep when the baby sleeps or cannot fall back asleep during the night, talk to your provider. Sleep is essential.



So what can you do?

- Get rest when you are able. It is helpful to make a plan for the day. Consider sleeping during one nap and doing chores for the other. The house will be okay.
- Ask a family member or friend to help watch or play with the baby so that you can get some chores done.
- Limit your screen time when the baby is asleep to encourage you to sleep.
- It is okay to say no in order to get sleep.
- Try to create a sleep routine for the baby.
 - A consistent order in which the baby eats, bathes, and reads a book.
 - A sleep environment in which the baby recognizes sleep cues. Some ideas are: a sound machine, aroma diffuser, sleep sack.
- Create a bedtime routine for yourself.
 - Read a book, drink some tea, take a shower or bath, apply your favorite lotions/oils, limit screen time.

For more resources, please visit www.deliverybeyond.com.