

WHY IS IT IMPORTANT TO PROTECT YOUR BABY'S SLEEP?

- It helps your baby's brain mature and grow.
- It helps your baby's develop his/her sensory system (vision, hearing, taste, sensation).
- Your baby will eat better and learn better.
- Babies who sleep well, have better cognitive and motor development at 1 year of age.



WHAT CAN WE DO TO HELP PROTECT YOUR BABY'S SLEEP?

- Clustering Care: You will notice that we will not disturb the baby until their designated feeding and caregiving time, to allow for 3-4 hours of uninterrupted sleep. At those times, the doctor, nurse, physical therapist, and respiratory therapist will conduct their assessments and treatments, as long as the baby tolerates it.
- DO NOT wake your sleeping baby. It is best to check with your nurse as to when your baby's feeding times are, and schedule your visits to be able to hold them right before or after these times.
- Caregiving Strategies: Good positioning, swaddling your baby in a blanket (if they are able to maintain their body temperature appropriately), and sucking on a pacifier can assist your baby sleep better. Consult with your baby's nurse or physical therapist to learn good positioning and calming strategies.
- Premature babies are extra-sensitive to light and sound. Keep your voices low, and ask the nurse to keep the lights low in the daytime and dimmer at night if they are able.
- Kangaroo Care: Hold your baby skin-to-skin if they are stable enough to tolerate it. Kangaroo care has been shown to improve sleep in premature babies.