

# Sleeping

Most normal newborns sleep between **16 to 20 hours** per day during the first few months. They seem to awaken only when they are hungry or fussy. Unfortunately in the beginning most newborns have more of their waking periods at nighttime rather than during the day. This is often referred to as having their days and nights mixed up. This will often correct itself; however, sometimes it persists until the child is several months old. Ways to help expedite this process is to wake your infant for feedings more frequently during the daylight hours. This forces the infant to get most of its required sleep during the night. It is also a good idea to save "ritual activities" such as bathing for the evening hours. Parents find that infants are fussy throughout the bathing ritual and often take an extended nap upon its conclusion. Why not have this extended nap occur at night so that it coincides with your own sleeping hours. In spite of these suggestions it can still take several weeks for an infant's sleep patterns to become more "normal".