



Your Essential Guide to
HEALTHY SLEEP
Foundations 

A gift from **Love To Dream**[™]





At Love To Dream™, we know how important sleep is – for your baby, for you and for the whole family.

We think it's essential that all parents have the knowledge and tools they need to start laying healthy sleep foundations for their babies [From Day One™](#).

From the time they take their newborn home, all parents have their own **baby sleep questions**. How long should my baby sleep for? How many layers should I dress them in? How long should my baby be awake for?

To make life a little easier for you, we've teamed up with paediatric health professionals and certified sleep consultants to create this **Essential Guide to Healthy Sleep Foundations**.

It's filled with **information and tips** to help you establish a rhythm to your baby's day and lay the foundations for **healthy sleep patterns** and **longer, better, safer sleep**.

Keep it on hand, refer to it when those questions come up and remember, you've got this!

Congratulations on your new arrival and we hope we can help your family achieve a better night's sleep.

*From all
of us at
Love To Dream™*

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Love To Dream™ appreciates that each family has their own parenting practices. This guide presents some information and practical tips that we hope helps you begin to lay healthy sleep foundations for your baby.

This guide is for informational purposes only and does not constitute medical or allied health advice. Always follow current safe sleeping guidelines published by a reputable health authority and consult with your own medical or allied health advisors to discuss your child's individual needs.



From one parent to another

Everyone has their own experience with lack of sleep once a baby arrives. For our family, it was 18 months of severe sleep deprivation from the time we brought our newborn son home.

Looking back, I can see why we struggled. Leaving the hospital, we had no idea what we were supposed to do.

SO HERE ARE 10 THINGS I WISH I KNEW BEFORE WE HAD OUR FIRST BABY

- 1 Sleep is a learned skill. Wait....what???** It's true but don't worry. Every baby can learn to sleep well.
- 2 It takes time.** Like learning any new skill, it takes time and practice for a baby to learn to settle to sleep.
- 3 It's never too early to start.** You can begin laying foundations for healthy sleep habits from the start. Newborn, 6 weeks, 8 weeks, start whenever you feel ready.
- 4 Establish a rhythm.** Setting up some structure to your baby's day will help bub become familiar with what's going on and when it's time to sleep.
- 5 Be consistent.** It's easier for your baby to learn healthy sleep habits if you stay consistent with your approach.



- 6 Look for tired signs.** There's a magic window between baby being tired and overtired. Responding early to tired signs makes it easier for bub to fall asleep and prevents them becoming overtired and distressed.
- 7 Put your baby down drowsy but awake.** This helps bub associate their cot or bassinet with sleep. It also means when they wake, they know where they are and feel safe.
- 8 There's a science to sleep.** Sleep is made up of cycles. A newborn's sleep cycle lasts about 30-50 minutes and there's a short arousal period between one cycle ending and the next starting. Bub may cry or grizzle a bit between sleep cycles. This doesn't mean they're ready to wake up, they might just need help re-settling into the next cycle.
- 9 Self-Soothing™ is the goal!** Self-Soothing means bub can fall asleep on their own, without your help. Once bub learns to self-soothe, they can fall back to sleep independently when they rouse between sleep cycles.
- 10 You're not in this alone.** Sleep deprivation is hard to cope with, especially after you've given birth! If you need help, reach out to family or your doctor for support. **I did.**

*Hana-Lia
Krawchuk*

Founder and Mum

DID YOU KNOW?



When babies are born, they don't know the difference between day and night.

We need to help set their little body clocks so they have a clearly defined day and night time

Newborns have a strong 'startle reflex' that can wake them and disturb their sleep.

Swaddling can calm this reflex, helping bub to sleep better.

See page 14 for more swaddling tips.


The term 'sleeping through the night' doesn't mean your baby will go to sleep at bedtime and wake up for the first time 12 hours later.

It means, when your baby does wake up through the night they can fall back to sleep on their own, without needing your help!


How long should a baby sleep for?

All babies need a certain amount of sleep every 24 hours to feel content and well rested and this amount relates to their age. This table shows the average amount of sleep babies need during the day and night. Use it as a rough guide, not a strict schedule!

Remember: Young babies wake for feeds during the night and this will continue for the first 6-9 months.



AGE	No. of DAY NAPS	Length of DAY NAPS	Night-time SLEEP
Newborn	4	2 hrs+	12 - 13 hrs
1 - 3 mths	3	1.5 - 2 hrs	12 - 13 hrs
3 - 6 mths	3	1x long nap of 1.5 - 2 hrs, plus 2x shorter naps	12 - 13 hrs
6 - 10 mths	2	3 - 4 hrs in total across the 2 day naps	12 - 13 hrs
10 - 12 mths	2	2.5 - 3 hrs in total across 1x long sleep or 2x shorter naps	12 - 13 hrs
12 - 15 mths+	1	1.5 to 2.5 hrs	12 hrs



Awake time Guidelines

Your baby's day will be made up of naps interspersed with periods of uptime. During these uptimes you'll feed, burp, change, cuddle and play, then get bub ready for the next nap. Most babies of a similar age will be able to comfortably stay awake for a similar amount of time.

AGE	APPROXIMATE AWAKE TIME (including feed)
Birth - 6 weeks	45 - 60 minutes
2 months	60 - 70 minutes
3 months	60 - 90 minutes
4 months	1 hr 15 - 1 hr 45 mins
5 months	1 hr 30 - 2 hrs 15 mins
6 months	2 hrs - 2 hrs 30 mins
7 months	2 hrs 15 - 2 hrs 45 mins
8 months	2 hrs 15 - 3 hrs
9 months	2 hrs 30 - 3 hrs
10 months	3 hrs - 3 hrs 30 mins
11 months	3 hrs - 4 hrs
12 months	3 hrs - 4 hrs
12-18 mths (2 naps)	4 hrs 30 - 6 hrs
12-18 mths (1 nap)	5 hrs - 6 hrs



Tired Signs

Towards the end of your baby's awake time bub will begin to show you tired signs. These signs signal they're getting tired and it's time to put them down to sleep. You'll learn to recognise your own baby's tired signs, but here are some you should look out for:

Common tired signs for newborns:

- Jerking arms and legs
- Frowning
- Getting a little pink around their eyebrows
- Staring into space
- Yawning
- Arching their back

Tired signs for older babies and children:

- Irritability
- Hyperactivity
- Clinginess
- Tantrums and meltdowns
- Becoming vocal



TIP



Monitor how long bub has been awake and look for tired signs. There's a small window between a baby being tired and overtired.

Overtired babies can start crying and become distressed, making it harder for them to wind down and fall asleep.

Feeding Guidelines

Remember, every baby is different and you will know your baby best. Use this information as a guide only and modify as you feel necessary. Variations may be required to meet your baby's needs.

AGE	APPROXIMATE DAYTIME FEEDS (including bedtime feed)	APPROXIMATE OVERNIGHT FEEDS
0 - 2 mths	5 FULL feeds for the first 5 to 6 weeks Going to 4 FULL feeds around 6 to 8 weeks	3 FULL feeds overnight for newborn and going to 2 FULL feeds overnight by around 6 - 10 weeks
3 - 4 mths	4 FULL feeds	2 FULL feeds overnight
5 - 6 mths	4 FULL feeds (starting to transition to 3 FULL feeds around 6 to 6.5 months)	1 - 2 FULL feeds overnight
7 - 9 mths	3 FULL feeds (breakfast time, lunchtime and bedtime)	0 - 1 feed From 6 - 9 months, if baby is developing well, it's okay to consider phasing out night feeds.*
9 - 12 mths	3 FULL feeds (breakfast time, lunchtime and bedtime)	0 feeds At this stage, most babies are getting enough food during the day for healthy growth and development.*

* If you are happy with feeding your baby through the night, there's no rush to phase out night feeds. Always do what's best for you and your baby.

If you are ever concerned your baby isn't eating enough, or you are considering dropping night feeds, please check in with your baby's doctor or medical advisors.



Remember, breastfeeding is natural, but it's also a learning process for you and your baby.

Don't be afraid to seek help from your midwife, lactation consultant or doctor at any stage during your breastfeeding journey.



TIP

Try to put bub down to sleep when they're drowsy but still awake for day naps and at night.

This helps teach them how to fall asleep independently.



Example Routine

6 - 12 week old baby

This is just an example of a baby's daytime routine. It's not a rigid schedule and should only be used as a guide to how you can set a rhythm to your baby's day. Do what works for your family and remember, some days, it just doesn't go to plan. Do the best you can and make changes gradually when you feel ready.

-
- 7:00am** Wake and offer a full breast or bottle feed, burp, change, awake time.
-
- 8:10am** Nap 1 - Target nap length is 1.5 - 2 hrs. Bub may need help resettling during this time.
-
- 10:00am** Wake and offer a full breast or bottle feed, burp, change, awake time.
-
- 11:10am** Nap 2 - Target nap length is 1.5 - 2 hrs. Bub may need help resettling during this time.
-
- 1:10pm** Wake and offer a full breast or bottle feed, burp, change, awake time.
-
- 2:20pm** Nap 3 - Target nap length is 1.5 - 2 hrs. Bub may need help resettling during this time.
-
- 4:20pm** Wake up and offer a breast or bottle feed. This feed can be a much smaller feed as the bedtime feed is not far away. If your baby is still asleep at 4:30pm, wake them gently.
-
- 5:00pm** Bath/shower.
-
- 5:20pm** Bedtime feed and burp.
-
- 6:00pm** Bedtime - put baby in cot or bassinet, drowsy but still awake. Leave bub to settle to sleep, with assistance if needed.
-

Love To Dream™ appreciates there are many different ways to settle a baby. Not all families want to set up a routine or rhythm to their baby's day, and that is perfectly fine. The is just an example of a baby's day. Do what works best for your baby and your family.

Facts about swaddling and Self-Soothing™

Studies show that babies sleep better and longer if they are swaddled.

Swaddling can become a very important sleep association for babies.

If you swaddle bub for all naps and sleeps, it will teach them that whenever they are swaddled, it is time for sleep.

Correct swaddling is important for healthy hip development.

Allow the legs to rest in a natural position, with legs bent at knee and turned out at hip - the "froggie" position.

You must stop swaddling bub when they show signs of rolling!

This is the time to transition to 'arms-free' sleep. Your baby's arms should not be restricted when they are able to roll over - this advice is the same for any form of swaddling you may be using.

A natural way babies settle themselves to sleep is by sucking on their hands or gently rubbing their cheeks.

This is called **Self-Soothing™**. Hand sucking may also help develop mouth muscles which aid in feeding, speech development and their natural rooting reflex.

"The first four months is the ideal time to help your baby learn to sleep... When your baby learns to 'self-soothe', you can look forward to six to eight hours of uninterrupted sleep at night."

Dr Jonny Taitz

Specialist General Paediatrician,
MBChB, FRACP, FCP(SA),
FAAQHC, AFRACMA.





Try **Swaddle Up™** for better, longer sleep!

- ↳ Designed to let your baby sleep in their natural **Arms Up™** position.
- ↳ **Arms Up™** allows hands-to-mouth movement for true **Self-Soothing™**, leading to more sleep.
- ↳ Allows a good range of movement compared to traditional swaddling methods.
- ↳ Snug fit makes your baby feel secure and helps to calm their natural startle reflex.
- ↳ Certified 'hip healthy' design to allow proper hip development.
- ↳ Safer sleep-friendly design: No excess or loose fabric and no need for loose blankets in the cot.
- ↳ Genius twin zipper for easy nappy changes.

Swaddle in seconds!



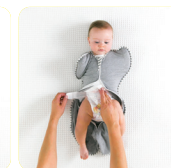
STEP 1
Legs in



STEP 2
Arms in



STEP 3
Zip up and
done!



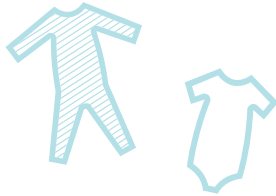
GENIUS
Easy nappy
changes



Paediatrician Endorsed. Award-Winning.
Loved by Parents and Babies.



Dressing Guidelines



When babies are too warm over night they can wake up, and when they're cold they struggle to settle off to sleep, stay asleep and fall back asleep when they wake up. Always use the room temperature that your baby is sleeping in (not the outside temperature) when dressing your baby.

Use the temperature chart below as a guide for which [Love To Dream™](#) sleeping product to use based on TOG* rating, and what clothing to dress your baby in underneath.

TEMPERATURE GUIDE WHAT TO WEAR UNDER LOVE TO DREAM™						
🌡️	14°C (57°F)	16°C (61°F)	18°C (64°F)	20°C (68°F)	22-24°C (72-75°F)	24-27°C (75-81°F)
CLOTHING GUIDE	☀️ 0.2 TOG					👚
	☁️ 1.0 TOG			👕+👖	👚	
	❄️ 2.5 TOG		👕+👖	👕+👖	👚	
	❄️❄️ 3.5 TOG	👕+👖	👕			



Please note: This table is only to be used as a guide. All babies are different. The number of clothing layers may vary according to a baby's health, their physiology and the temperature in the room. The care-giver must determine what is suitable.

***What is a TOG rating?** TOG stands for Thermal Overall Grade, and is used to calculate the thermal insulation of fabric. Our sleep garments are given a TOG rating according to the warmth they provide. The higher the TOG, the warmer the product.

How to tell if your baby is too warm or too cold

- 👉 Your baby's hands and feet might feel cool, but this isn't a good indication of their temperature.
- 👉 Check how warm or cold your baby really is by feeling their back or tummy.
- 👉 If bub feels warm and has a red face or cheeks and is a little sweaty, they're probably too warm.
- 👉 If bub is cold to touch, check the room temperature and layers they're wearing and adjust accordingly.
- 👉 The general rule of thumb is dress your baby as you would dress yourself for sleep time plus an additional light layer.





As your baby grows, we've got you covered!

From newborn to toddler, we're here to support you as your baby grows and develops through their magical milestones

Our award-winning range of sleep solutions, from birth to 4 years old, were designed to help your little one achieve safer, better, longer sleep **From Day One™**, helping the whole family achieve more sleep.

Available in a range of TOGs, colours and designs. Find out more at lovetodream.com.au



Stage One Newborn Swaddling

SWADDLE UP™

Use Swaddle Up™ from birth until baby shows signs of trying to roll over.



Stage Two Ready to Roll

SWADDLE UP™ TRANSITION BAG | SWADDLE UP™ TRANSITION SUIT

Use to transition from swaddling to 'arms-free' sleep. Zip-off wings for gentler transition.

Provides a snug 'secure feel' until your baby is ready to transition to Stage Three. Can be used to transition from any type of swaddle or swaddling technique.



Stage Three On the Move*

LOVE TO DREAM SLEEP SUIT™ | LOVE TO DREAM SLEEP BAG™

Use from 6 months once a baby is moving independently. Built-in quilt for comfort.

The Love To Dream Sleep Suit™ is for kids who are always on the go, while the Love To Dream Sleep Bag™ is great for kids who love a roomy blanket.



*Please note the Love To Dream Sleep Bag™ should not be used outside the child's sleeping place and is not safe to wear whilst on the move.





Safer sleep guide

Follow our safer sleep guide on where and how you should place your baby to sleep and share it so everyone in your baby's life knows how to create a safer sleep environment.

1 Always place your baby on their back to sleep.

Side and tummy positions are not safe.



2 Use a cot/crib that meets current safety standards.

The mattress should be firm and fit snugly in the cot/crib. Cover the mattress with a tight-fitting and breathable fitted cot/crib sheet.



3 Do not use blankets for sleep time.

Use **Swaddle Up™** from birth and choose size according to baby's weight, not their age. Stop swaddling as soon as a baby shows signs of rolling or loses the startle reflex and transition to arms-free sleep using **Swaddle Up™ Transition Bag** or **Swaddle Up™ Transition Suit**.

Consult page 18 for our dressing guide for suggestions on what to wear under our products, based on different temperatures in baby's room.



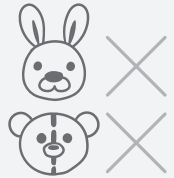
4 To help prevent your baby from overheating,

monitor the room temperature to ensure it is comfortable and the room is well ventilated. Regularly check your baby to ensure they are not too hot or too cold by touching their back or tummy.



5 Do not put anything in your baby's sleep space.

This includes pillows, blankets, comforters, bumper pads, stuffed animals, toys and other soft items.



6 Place your baby's separate, safer sleep space near your bed to help you protect them.

Bed sharing is not recommended.



7 You may choose to offer your baby a dummy/pacifier

if they haven't found their hands to soothe themselves.



8 Do not expose your baby to cigarette smoke.



9 Keep head and face uncovered.



10 Make sure there aren't any cords, window coverings, monitors or electrical items within 3 feet of cot.





Join our **Love To Dream™** family and
SHARE THE LOVE



For more information or to find your
nearest retailer, please visit
lovetodream.com.au

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Love To Dream™ is proud to hold safety accreditation
and endorsement by these organisations:

**first
candle**
Serving babies, Supporting families,
www.firstcandle.org

Working to
end **SIDS** and
sleep-related
infant death


INPAA
Approved

 **INTERNATIONAL
HIP DYSPLASIA
INSTITUTE®**