

New-born baby sleep is a little chaotic and all over the place. They won't know the difference between day and night until they are at least two months old. It is perfectly normal for new-borns to wake often during the night to feed, as their tummies are so little they need to feed often in order to grow. It is also perfectly ok to have contact/cuddle naps during the day as long as you stay awake (see the safe sleep guidance).

New-born baby sleep is different to adult's sleep. New-born sleep moves between light and deep sleep. However, at around the 4-month mark (also known as the 4-month sleep regression or progression), their sleep changes to a 4-stage sleep cycle. Their sleep cycles are approximately 45 minutes long, so every 45 minutes they may briefly wake and nod back off to sleep, or they wake up and require support to settle back to sleep.

