

The Baby Sleep Guide

By six months of age, your baby will have reached a most wonderful milestone – the ability to sleep through the night. What a relief! And as your baby becomes busier with crawling, pulling up, clapping hands, “talking” and playing peek-a-boo, it’s more important than ever to make sure she’s getting the rest she needs.

How much sleep?

Between six and 12 months of age, your baby will need about 14 to 15 hours of sleep each day. Crawling, rolling over, sitting up – an active baby means a tired baby. However, every baby is different and some babies need much more sleep and others need much less. Most babies take two or three naps a day at six months of age and two naps at 12 months.*

Problem habits.

Rocking, cuddling and feeding your baby to sleep are major causes of sleep problems, so try to break these habits if you’ve established them. If, for example, you rock your baby to sleep or give your baby a feeding right before bed, you’ll likely be rocking or feeding your baby back to sleep in the middle of the night. Instead, try to put your baby down to sleep when drowsy, but still awake. If you let your baby learn to self-soothe herself to sleep before bed, she’ll be able to soothe herself back to sleep if she wakes in the middle of the night.*

Developmental milestones can alter sleep patterns.

Interestingly, your baby’s physical advances can alter sleep patterns. Many developmental milestones, such as rolling over and pulling up to stand, can temporarily upset your baby’s sleep. Don’t be discouraged if your baby, who once slept through the night, temporarily wakes up in the middle of the night. Stick to your routine to help your baby get back to a regular sleep pattern.*

Cutting back on naps won’t help your baby sleep.

Contrary to what you may think, cutting down on naps won’t help at night. It can be a recipe for overtiredness and a worse night’s sleep. But avoid naps too close to nighttime. Create soothing surroundings: keep the bedroom dark, cool, and quiet.*

Make sleep a family priority.

Make sure you create good sleep habits for yourself too. Keep a consistent sleep schedule. Relax with a nighttime routine for yourself. Take a bath, give yourself a massage, or ask your partner to give you one. Relax by listening to soft music or reading a book in bed. And avoid caffeinated beverages after lunch. Avoid alcohol and smoking, too, as they are unhealthy for your infant.*

Baby yourself.

Try JOHNSON’S® Melt Away Stress with AROMASMOOTHIE™ – the only body lotion clinically proven to reduce tension in four out of five women.



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Bath time and massage say “it’s time for sleep”.

Make bath time and massage part of your baby’s nighttime routine. A gentle cleanser with a soothing scent in your baby’s bath can help calm your baby and help her sleep better at night. After the bath, massage your baby with baby lotion or oil to relax her and to help protect her skin. On non-bath nights, if you don’t have time for a full massage, take a minute anyway to rub your baby with lotion. Your gentle touch will help to relax your baby and help her sleep better.*

Take a moment to bond with your baby.

Set a regular schedule, provide a calm environment, bath and massage your baby, and follow with quiet time activities – by following a nighttime routine, you can ensure that your growing baby is getting the sleep she needs. And you get a wonderful moment to bond with your baby.*

Create a routine that helps relax your baby.

This is an age that thrives on schedules and routines, especially for sleeping and eating. Help your baby get the sleep he or she needs by following regular naptimes, a set sleep time and a **three-step nighttime routine** that includes:



A warm bath



A soothing massage



& quiet time

This routine will help relax your baby before bed. To learn more about creating a nighttime routine that will help your baby sleep better, visit johnsonsbaby.com/sleep.



JOHNSON'S® BEDTIME® Bath, BEDTIME® Bubble Bath and Wash, and BEDTIME® Lotion are all enriched with NATURALCALM™ essences, a unique blend of gentle ingredients and soothing aromas that can help your baby sleep better when used as part of a regular nightly routine. JOHNSON'S® is the first and only brand that’s clinically proven to help babies fall asleep easier and sleep through the night better. To learn more about our products, visit johnsonsbaby.com/sleep.

New Resource for Sleepy Babies (and Parents)



Get personalized advice on helping your baby get a better night’s sleep with the Customized Sleep Profile from JOHNSON'S®, a resource designed by world-renowned sleep experts Dr. Jodi Mindell and Dr. Avi Sadeh. You can also view a Q & A video with Dr. Mindell, watch instructional videos for bathing and massage, download lullabies, and more. Visit johnsonsbaby.com/sleep to discover a better night’s sleep for all.

*Adapted from *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night’s Sleep* by Dr. Jodi Mindell and from an article by the baby care experts at JOHNSON'S®