

The Infant Sleep Guide



Between the ages of three and six months, your infant will be able to sleep for longer stretches at night. Which means you'll get a little more sleep than before. Congratulations! Now your baby is beginning to understand the difference between night and day, which makes it a perfect time to help improve her sleep time routine.

Put your infant to bed drowsy but awake.

The most important aspect of getting your baby to sleep through the night is to have your baby learn to soothe herself to sleep. Put your baby down to sleep when he or she is drowsy but awake. Babies need to be able to fall asleep independently, so that they can do the same when they wake in the middle of the night.*

How much sleep?

Your infant will sleep between 13 to 15 hours each day. It's important to realize though, that every baby is different and some will need more sleep, while others need less. Your baby will also need to nap from two to four times a day.*

Habits to avoid.

Make sure your baby's nighttime routine is not too long or too impractical to stick to. Try to avoid rocking or nursing your baby to sleep, because you may end up doing the same when your baby naturally wakes up during the night. Consider this: is this a habit you want to be catering to six months from now, or two years from now? Take turns with your partner when putting your baby to bed to help avoid developing such habits.*

Create a loving nighttime routine.

To help ensure that your baby is getting the sleep he or she needs, build a consistent, **three-step sleep routine** that includes:



A warm bath



A soothing massage



& quiet time

These calming events help tell your baby, "It's time to settle down and go to sleep." You may also want to begin to establish a set time for sleep, a set wake time, and set naptimes. To learn more about creating a nighttime routine that will help your baby sleep better, visit johnsonsbaby.com/sleep.

The Infant Sleep Guide

Bathing is a good way to relax & bond with your baby.

You can help your baby relax before bed by including bathing into her nighttime routine. Warm water and a lullaby can help soothe your baby into the land of nod. Be sure to use a gentle cleanser suited for your baby.*

You can also try massage to help relax your baby.

Massage is a great way to relax your baby. It's also a wonderful way to bond with your baby.

To begin, lay a towel down to soften and add warmth to any flat surface. Start with your baby on her back. Be sure to keep your hand on your baby at all times when she's on the flat surface. Moisten your hands with a mild lotion specially made for babies, such as JOHNSON'S® Baby Lotion, and warm the lotion in your hands. Begin massaging her head with gentle circular touches. Start with the forehead, temples, eyebrows, nose, ears, and around the mouth and jaw. Maintain eye contact with your baby, talking or singing to her the whole time.

Work your way down, rubbing across her shoulders and chest, in one fluid motion. Be sure to follow your baby's cues to know whether the touch is soothing. Make gentle, light, circular motions across her tummy. Continue down her arms, hands and fingers, one at a time. And finally, legs to feet, rubbing all ten toes. Turn your baby on her tummy and repeat the same massage.

Enjoy your baby's nighttime routine. When you include a bath, massage, and a moment of quiet time together it becomes a wonderful time to unwind together and bond.



These nighttime resources are brought to you by our JOHNSON'S® BEDTIME® line of products. Our BEDTIME® products, enriched with NATURALCALM™ essences, a unique blend of gentle ingredients and soothing aromas, 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®