



R.E.M Cycles

AND YOUR NEWBORN

Unlike adults, newborns' sleep cycles and behaviors do not resemble ours. Their cycle of sleep is around 50 - 55 minutes long, with much more of their time asleep spent in "active" sleep as opposed to "deep" sleep.

Newborn behaviors can sometimes fool parents into thinking they need soothing, feeding, and/or are waking. When in reality, they are sleeping or moving into another phase of sleep. It can look like:

- Thrashing their limbs in bed
- Stretching (even while swaddled)
- Noises, light crying, and/or yawning

For support on how to get your newborn to sleep more deeply, easily, and link cycles - be sure to read our other Brood Guides.

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