



Easy Steps to Better Sleep: Newborn

IMPORTANCE OF SLEEP FOR YOUR BABY

Good sleep is essential for every baby as sleep has a significant impact on learning and behavioural development. Adequate sleep quantity and good sleep quality contribute to optimal brain function and the overall growth and health of your baby. When your baby sleeps well, it also reduces the disruptions to your family's sleep.



It is important that parents understand what to expect for your baby's sleeping needs even before baby arrives. This would ensure that you have the knowledge to implement good sleeping habits for your baby for a good head start in life.

SLEEP PATTERNS IN THE FIRST FEW MONTHS

- Sleep-wake cycles in the early months are largely driven by hunger. An established sleep pattern usually begins when your baby is 4 months old.¹
- It is normal for breast-fed babies to have slightly shorter sleeping periods compared to formula-fed babies due to the easier digestibility of breast milk. The benefits of breastfeeding are tremendous and it is recommended that all babies be breastfed for up to 6 months for optimal growth and health.²



¹ Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.

² World Health Organization. (n.d.). *Breastfeeding*. [Who.int/health-topics/breastfeeding#tab=tab_2](https://www.who.int/health-topics/breastfeeding#tab=tab_2)





SLEEPING ARRANGEMENTS

An important consideration for parents is the baby's sleeping arrangements. It is generally not recommended to bed-share with your baby as there are potential risks of accidental suffocation. You may put your baby to sleep either in his/her own cot or bed, and place the cot or bed close to your bed if desired. Placing your baby on his/her back is also recommended to reduce the risk of Sudden Infant Death Syndrome (SIDS).

KEY TAKEAWAY

Your sleep is paramount to your physical health and mental well-being, especially when caring for your newborn baby. The care of your newborn requires a lot of time and effort and may lead to sleep deprivation for mothers, contributing to postpartum depression. Hence, parents should take the opportunity to sleep when your baby sleeps so that you can also have sufficient rest. Seek advice from your doctor should you not be getting adequate or good quality sleep. Help is available.



NOTES

About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat - National University Children's Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System's (NUHS) centres of excellence — Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC.

Contact Us

Children's Emergency (24-hr)

Location: NUH Main Building, Zone F, Level 1
Contact: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing,
Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri),
8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736
Appointment Line: +65 6908 2222
Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8am – 5.30pm (Mon to Fri)
Appointment Line: +65 6772 5030
Fax: +65 6872 4314
Email: cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road,
#01-22, Singapore 677899
Operating Hours: 9am – 11pm daily
(including public holidays)
General Enquiry: +65 6219 1538
Email: childreucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre, 60 Jurong West
Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6665 2530/2531
Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg
Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,
2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6769 4537/4637
Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg
Website: www.nuh.com.sg/cdu

NUWoC Children's Clinic @ NTFGH

Location: Ng Teng Fong General Hospital,
Tower A – Specialist Outpatient Clinics, Level 2
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6908 2222
Fax: +65 6716 2200
Email: appointment@nuhs.edu.sg



Scan QR code for
NUH Campus Map

Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &
Jurong Community Hospital

Alexandra Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.



Scan QR code for more information on NUWoC facilities.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuhs.edu.sg

Take charge of your health and access health information and services across NUHS institutions.

Download the OneNUHS App now!



Scan to download

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

©2024, National University Hospital. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital.

Information is correct at time of printing (Jan 2024) and subject to revision without prior notice.