



Easy Steps to Better Sleep: 6 to 12 Month Old Infant

WHAT IS SLEEP LIKE FOR YOUR CHILD AT THIS STAGE?

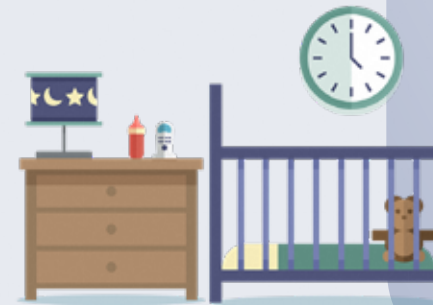


Good sleep is essential for every child as sleep has a significant impact on learning and behavioural development. Adequate sleep quantity and good sleep quality contribute to optimal brain function and the overall growth and health of your child. When your child sleeps well, it also reduces the disruptions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

At 6 to 12 months of age, having a consistent bedtime routine and sleep schedule are essential to cultivate good sleep habits in your child. This is important to optimise growth and cognitive development in your child.



SLEEP PATTERNS



- At this age, you can expect your child to have longer periods of night sleep and 2 to 3 daytime naps, with an average total sleep duration of 12 to 15 hours over a 24-hour period.¹
- Your child may experience brief arousals every 50 to 60 minutes.²

DEVELOPMENTAL MILESTONES IN YOUR CHILD

Children develop object permanence from 6 months of age. This can contribute to separation anxiety which may lead to new sleep challenges.

¹ Health Hub. (n.d.). *Parent Hub: 0-2 Years – Baby Sleep*. <https://www.healthhub.sg/programmes/183/parent-hub/baby-toddler/baby-sleep>

² Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.

SLEEP CHALLENGES

Frequent night wakings

Presentation

Brief arousals every 50 to 60 minutes are expected. Children who have learnt to self-soothe are able to put themselves back to sleep. However, children who are unable to self-soothe would cry out for attention, necessitating caregiver intervention to fall back to sleep.

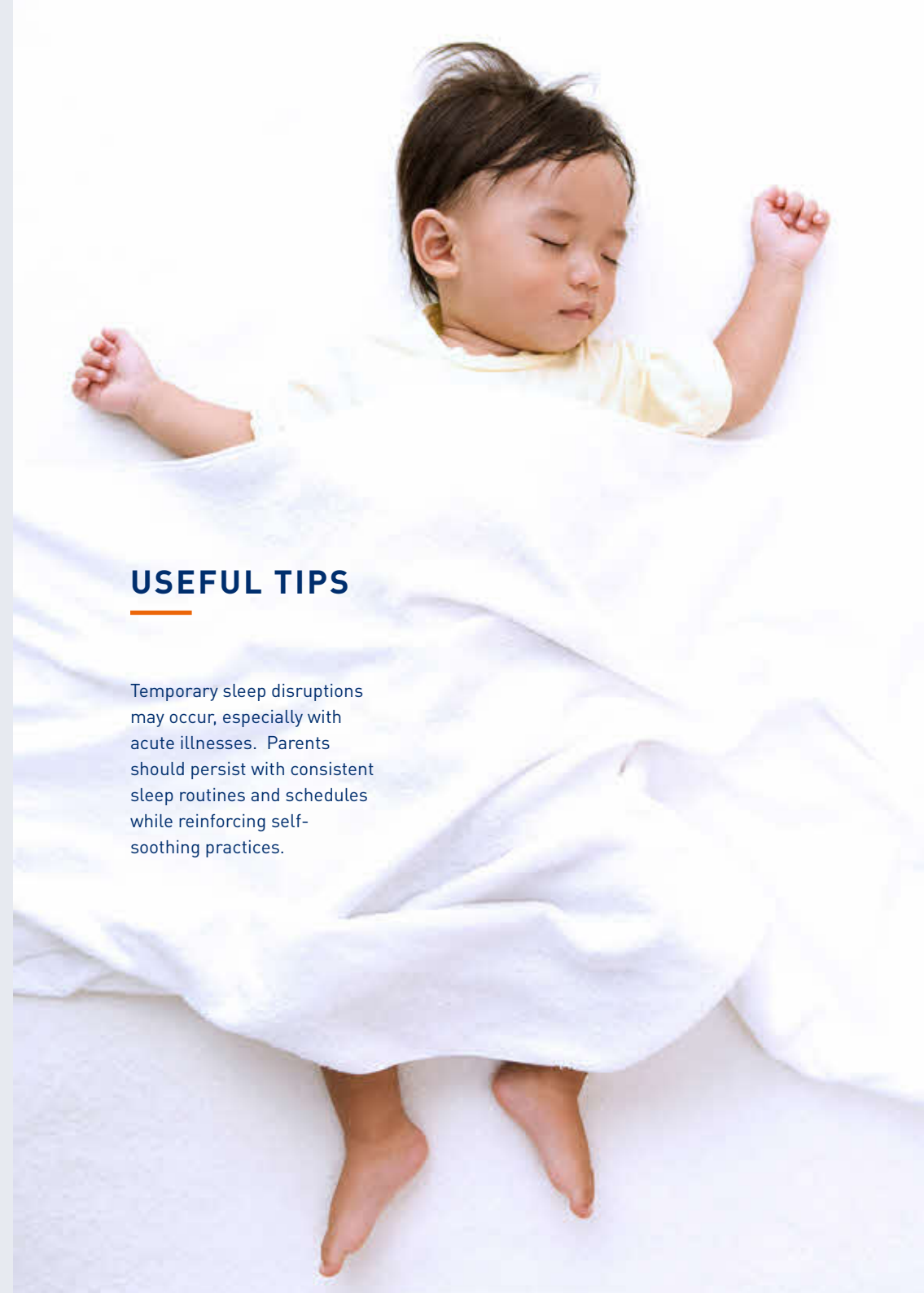
Management

- Implement a sleep schedule with consistent bedtime and daytime naps. After 9 months of age, avoid napping beyond 4pm.¹
- Establish and implement a consistent bedtime routine. Make feeding the first activity of the routine to avoid associating feeding with falling asleep. A similar but shorter routine can be applied during naptime.
- Night feedings are not necessary after 6 months of age.² Parents can discontinue night feedings by gradually weaning your child off.
- If needed, allow your child to use the same transitional object (e.g., soft toy) at bedtime and naptime.
- Put your child to bed drowsy but awake to allow your child to learn to self-soothe.



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

² Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.



USEFUL TIPS

Temporary sleep disruptions may occur, especially with acute illnesses. Parents should persist with consistent sleep routines and schedules while reinforcing self-soothing practices.

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

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
Email cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
Operating Hours 9am – 11pm daily (including public holidays)
General Enquiry +65 6219 1538
Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6665 2530 / 2531
Email cd@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6769 4537/4637
Email cd@nuhs.edu.sg

Clinic A22 NUWoC Children’s Clinic @ NTFGH

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

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



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