



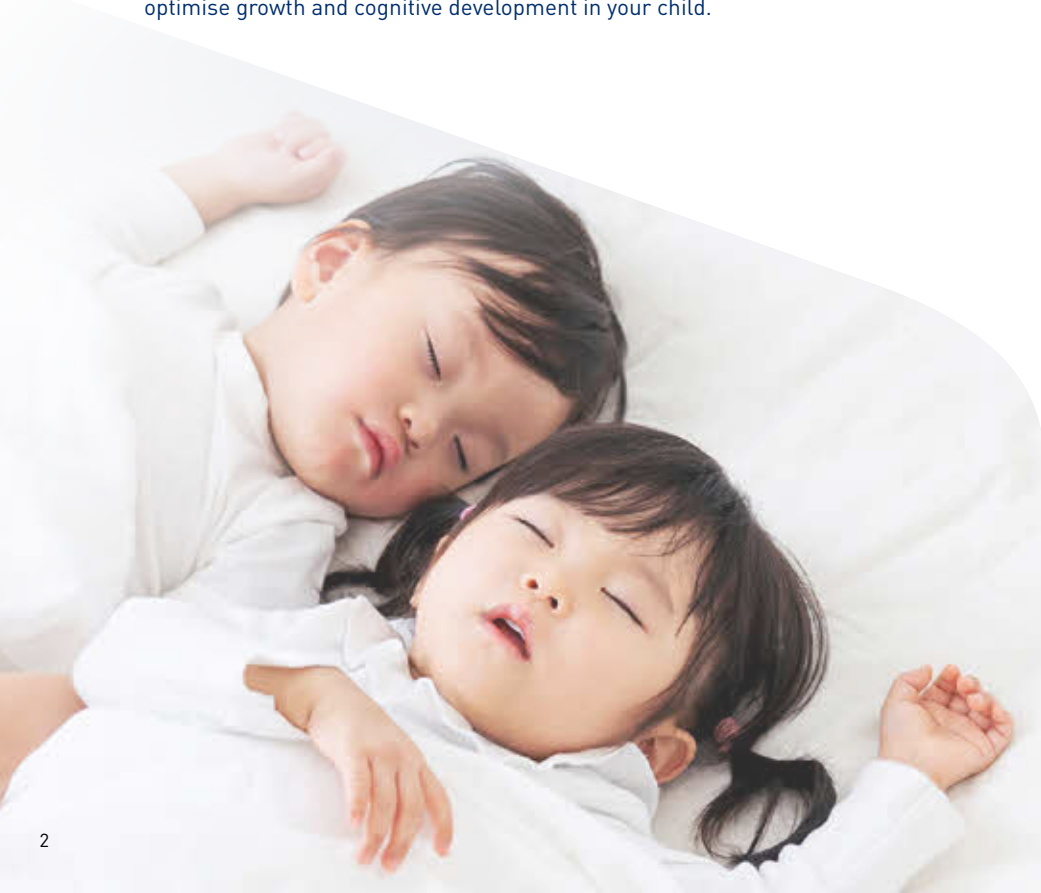
Easy Steps to Better Sleep: 6 to 12 Month Old Infant

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.

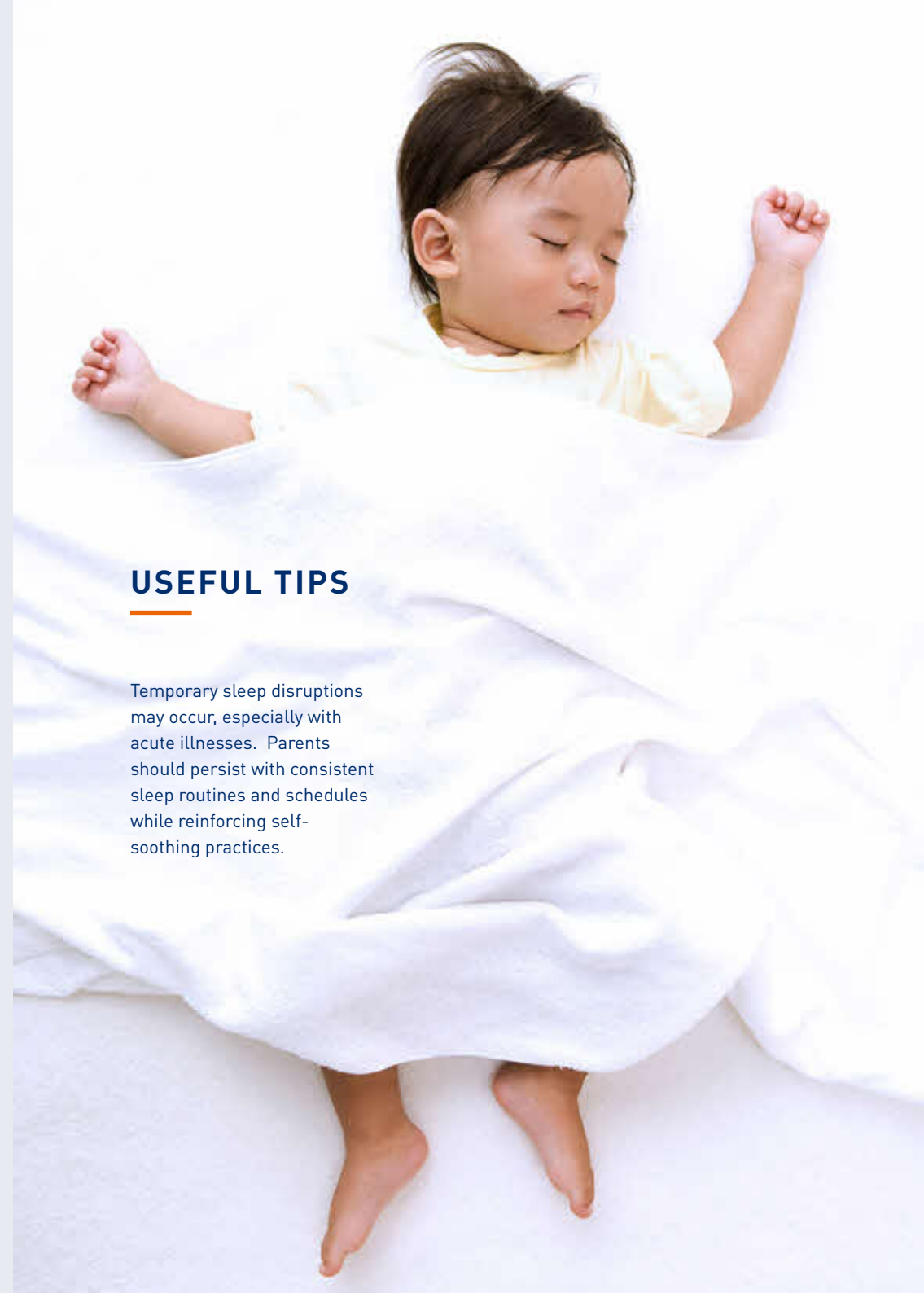
Management

- 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.

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 NUHS 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 (Jun 2024) and subject to revision without prior notice.