

Baby and Sleep



During sleep, a child's body produces growth hormones that helps them grow taller. Having enough sleep (14-17 hours for babies 0-3 months of age or 12-15 hours for babies 4-11 months of age) ensures they produce a normal amount of these growth hormones.

Research showed children who slept consistently longer hours during the growing up years do better in language assessment, including vocabulary, phonics and picture description.^{1,2}

What can I do to help my baby sleep better?

A consistent bedtime routine can help ease your baby into peaceful slumber. A typical routine can look like this:



Give them a warm bath and wipe their gums or brush their teeth



Get them into comfortable pajamas



Read them a bedtime story



Sing them a lullaby



Keep the room dim and free from devices with screens



Give them goodnight cuddles and kisses

Use a similar routine each day (even if carried out by different caregivers) to help baby gradually understand that it's bedtime.

you've got this!

Source:

¹ Tham, E. K., Schneider, N., & Broekman, B. F. (2017). Infant sleep and its relation with cognition and growth: a narrative review. *Nature and science of sleep*, 9, 135-149. <https://doi.org/10.2147/NSS.S125992>

² Tham, E. K., Xu, H. Y., Fu, X., Schneider, N., Goh, D., Lek, N., Goh, R. S., Cai, S., & Broekman, B. F. (2021). Variations in longitudinal sleep duration trajectories from infancy to early childhood. *Sleep health*, 7(1), 56-64. <https://doi.org/10.1016/j.sleh.2020.06.007>