

NIGHT SLEEP

MYTHS



MYTH: Babies should sleep all night



FACT: Average sleep cycle in babies is 45 mins long. All babies wake up at night (Psst, including the big ones)



MYTH: Weaning of breast or adding formula to their intake will make them sleep longer



FACT: Babies wake up for many reasons than hunger alone. And they need help going back to sleep. Remember when you change positions in sleep? That's when your brain is awake too. You don't need help going back to sleep though.