

# 10 tips for a sound baby sleep routine

Baby sleep routines can vary enormously, often causing poor parents many a sleepless night. Here are some bedtime routine tips to help your baby sleep through the night.

- Learn to recognize and try to respond to signs your baby's tired like yawning, rubbing their eyes, flicking their ear, crying, and whining.
  
- Show your baby the difference between daytime (active, light, noise, excitement) and nighttime (calm, dark, quiet) so they can recognize the cues for bedtime.
  
- Build in a calm, quiet half hour before you start your baby's sleep routine that includes feeding, if possible—hungry babies don't sleep well.
  
- Try giving baby a warm bath followed by a gentle baby massage.
  
- Change them into their sleep clothes and a fresh diaper.
  
- Read a bedtime story and maybe sing a lullaby.
  
- Say good night to everyone (including teddy) and give them a kiss goodnight.
  
- Say the same night-night phrase as you put them down to establish a familiar sleep cue.
  
- Put baby down when you notice she is becoming drowsy, rather than fully asleep.

Remember the secret to a good routine is consistency, not perfection.

Find out how much sleep your baby needs [here](#) [1].

## Sources

Canadian [2] Paediatric Society. Caring for Kids. Healthy Sleep for your baby and child.

[https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/healthy_sleep_for_your_baby_and_child)

[3] Accessed September 2020.

**Source URL:** <https://www.nestlebaby.ca/en/0-6-months/baby-sleep-routine-tips>

## Links

[1] <https://www.nestlebaby.ca/en/0-6-months/caring-baby/sleep-tested-babys-patterns-naps-and-more>

[2] <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/helping-your-baby-to-sleep/>

[3] [https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/healthy_sleep_for_your_baby_and_child)