



## POSTNATAL SLEEP TIPS

Sleep is an essential part of surviving those first few weeks and months of parenthood, but it can be so elusive! Here are some tried and tested techniques for getting a bit more sleep that actually work!

- Prioritise sleep in those first months over everything else (dishes, laundry, returning calls, etc.). Take steps to simplify these tasks so you have time to do them when awake (or delegate them!)
- Have your partner take the evening shift and go to bed early to catch some extra sleep before nighttime wakings
- If you are breastfeeding have your partner do all other nighttime activities (nappies, comfort, putting baby back to bed, etc)
- If bottle or combination feeding share nighttime feeds, **EVEN** if your partner is working during the day (**SO ARE YOU!**)

SEE NEXT PAGE FOR MORE TIPS



## POSTNATAL SLEEP TIPS CONTINUED

- Plan to take turns with nighttime baby care, making sure that each of you gets at least 2x 2.5-hour chunks of sleep within a 24-hour period (that's the bare minimum we need!)
- Women's hearing gets more sensitive after birth, if baby's coos and movements are keeping you awake, experiment with sleeping in another room or even using earplugs!
- If your brain is busy at night, write a "to do" and a "to think about" list before bed in order to clear your mind before bed
- Nap effectively, you will feel more rested if you nap for less than 30 minutes or more than 2 hours (between the two you will wake up groggy!)
- If you're really exhausted, have someone else mind the baby for the night (You will feel so much better for it!)
- If you can't sleep when baby sleeps reach out to your GP or a mental health professional for support