

# YOUR INTRO TO PREEMIE SLEEP

*A quick guide with some quick tips to help you understand your perfect preemie baby's sleep during the newborn stage.*



**BY: JAMIE ORTIZ & DR. AARON WEISS**



## → THINGS TO KNOW

Go by adjusted/corrected age when it comes to milestones and sleep.

How to calculate: subtract how many weeks premature they were born from their actual age. Ex: baby is 16 weeks old but born 8 weeks early, so adjusted/corrected age is 8 weeks old.

16 chronological weeks-8 weeks early=8 weeks adjusted/corrected.

## → EXPECTATIONS

Your preemie might take longer to reach the sleep milestones you are waiting for. While many babies might sleep “through the night” around 4 months of age, some preemies can’t get there until around 6-8 months of age. Keep their adjusted age in mind and speak to your pediatrician about when you can start to gently sleep train.

Cat naps are common for premature babies since their sleep cycle hasn’t fully developed.







03.

## → EXPECTATIONS

Your premature baby might have trouble regulating his or own temperature which can interrupt sleep. TIP: touch the back of their neck to see if they're hot. Temperatures feel different on every baby but the back of the neck is the same all around.

Preemie newborns need more sleep than other babies, so for the newborn stage let them sleep as much as they can.

## → EXPECTATIONS

Some find comfort in a swaddle since it keeps them snug. Some preemies prefer pressure due to their nerves still being developed. Be sure to get them preemie size swaddles if you go this route. Most brands will have a preemie option.

- Do a lot of skin-to-skin
- Speak to them
- Sing a soothing song



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## ***ROOM ENVIRONMENT & MORE***

- Dark (completely blacked out)
- White/pink/brown noise running for naps and nights (keep it at decibel lower than 60)
- Let them have their own sleep space but close to you
- Place baby on their back

If baby seems tired but not able to fall asleep easily practice Dr. Karp's 5 S's (pictures on next page).

Make sure baby is fed before putting them down for a nap or bedtime. Premie babies need to eat more than full-term babies, so if you see they're eating a lot.....good! We want them healthy and growing.

If baby seems upset, try putting light pressure on them rather than caress. Premie babies get stimulated more by caressing.





## Swaddling

Wrap your baby like a mini burrito with their arms snug and straight at their sides (hips loose)



## Side/Stomach Position

Hold your baby positioned on the side or stomach—or even over your shoulder



## Shushing

Make a "shhh" sound or play white noise to mimic the sound of blood flow in the womb



## Swinging

Swing—or jiggle—in fast, tiny movements while supporting your baby's head/neck



## Sucking

Sucking on a pacifier, thumb, or breast helps soothe your baby





## ***WAKE WINDOWS***

A preemie's wake windows can be anywhere from 20-60 minutes compared to a full-term baby where it can range anywhere from 30-90 minutes. This can mean they're sleeping anywhere from 20-22 hours in a 24 hour period. Let them sleep! This is where all the growing and learning comes in.

## ***COMING OUT OF NEWBORN STAGE.....***

At 4 months adjusted/corrected or older, you can now work towards finding the right schedule for your little one and working towards independent sleep.

### **To help you'll want:**

- Dark room
- Sleep sack
- White noise
- Routine (this doesn't have to be long. Keep it simple with just a few steps and move their feeding to the beginning or middle of the routine)
- EX: bath, diaper and pjs, feed, book, song, lay down

Once you have a routine in place, you can work on gentle independent sleep skills



## → **Need More Support?**

As a premie mom (twice over), I know all about the stress that comes with bringing baby home and EVERYTHING that comes after!

Sleep is so important for baby and you!

I'm so proud to be able to offer support to help you and baby get the rest that's needed to be happy & healthy!






# CONNECT

**I'm certified in pediatric sleep consulting via The Cradle Coach Academy in 2021 and during that time I've also received other certifications in newborn care, preschool sleep, sleep for fostered and adopted children, as well as sleep support for Autistic children.**

**I'm fluent in Spanish & English and excited to help!**

**Here's how to reach me!**

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**SCHEDULE CALL**





# CONNECT

**My name is Dr. Aaron Weiss, and I'm a board-certified General Pediatrician and Neonatologist with a singular goal - To provide exceptional healthcare to the children of 200 families across greater Orlando. My in-home concierge approach allows for truly customized care built on long-term relationships, mutual respect, and the ultimate in convenience**

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