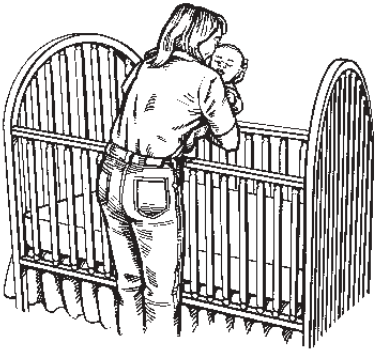# Fostering Comfortable Sleep Patterns in Infancy

- Spend some time cuddling your baby or rocking him before putting him to bed. Put your baby down for sleep while he is still awake so he can practice calming or soothing himself with techniques such as finger sucking, body rocking, or fingering a blanket or a stuffed animal.

- Remain in the room when your baby is first trying to fall asleep on her own. If your baby is not settling down after 5 minutes, place your hand on her to see if your touch calms her. Try not to make eye contact, which is stimulating for babies.

- Spread daytime naps at regular intervals to promote nighttime sleep. Try to get some rest during your baby's naps.

- Minimize social interaction with your baby during night feedings. This will help your baby be efficient about eating and get back to sleep.

- Provide reassurance when your baby wakes at night by making your presence known to him. If your baby is crying, try to soothe him. Attention to babies is not spoiling; it helps foster their sense of security.

- If your baby seems irritable, try sticking to a regular sleep routine, and try increasing her sleep by 1 hour a day to see if more sleep is needed.