Government of **Western Australia**
Child and Adolescent Health Service

Easy Read

Tips for healthy sleep

Babies 6-12 months



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Why is sleep important?



Babies grow fast!

Sleep helps their **brain** and **body grow strong**.



Every baby is different.
Some babies **sleep well**, **others** may **need** a bit of **help**.

This guide will **help**.



If getting your **baby** to **sleep** feels **hard**, you are **not alone**.

Many families go through this.

How much sleep does baby need?



Your baby will need **12-16 hours total sleep**. This includes **2-3 naps** during the **daytime**.



This should include **9-12 hours** of **night time sleep**.



You can **help** your baby get the sleep they **need**. By following the **SLEEPSS** Sleeping tips.

7 Sleeping tips: SLEEPSS



1. Set a bedtime routine

Try starting a **simple** plan. Such as **Bath → Brush teeth/gums → Story → Cuddle → Into cot.**



2. Lock in bedtime

Put your baby to sleep at the **same time** every night.



3. Encourage self-settling

Put your **baby** in **bed** when they are **sleepy** but awake.

This **helps** them learn to **fall asleep** on their **own**.

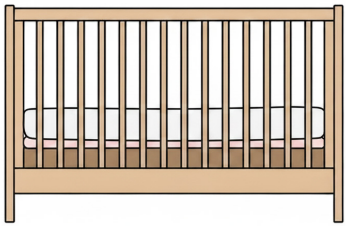


4. Ensure safe sleep

Put your **baby on their back** to sleep. Make sure their **head** and **face** are **uncovered**.



Keep your baby **away from smoke**, before and after birth.



The **safest place** for your baby to **sleep**, is their **own space** in **your room** with correct bedding.

We **do not recommend sleeping with your baby**.



5. Peaceful night time responses

Babies may still **wake** at **night**. **Respond gently**. Brief, **quiet comfort** helps them **settle**.



6. Spot sleepy signs

Look for **sleepy signs** like rubbing eyes, **yawning**, losing interest in play. **Overtired babies** may not fall asleep very well.



7. Stay patient and consistent

Sleep issues may take time to **change**.

Sleep associations



A **sleep association** is **something** your **baby** gets **used to** for sleep, like **rocking**, **feeding**, **patting**, **being held** or **using** a **dummy**.



These can **comfort** your **baby now**, but **may lead** to your **baby** needing **help** when they **wake up** during the **night**.

Changing sleep associations



Slowly do **less rocking** each night, until your baby **learns** to **sleep on** their **own**.



Instead of **rocking**, try **gently patting** your baby while they **lie** in the **cot**.



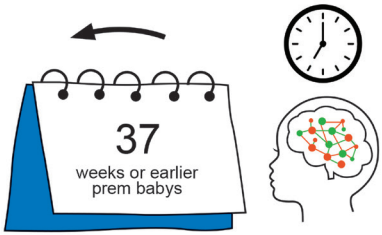
Each night, move a little **farther away**. Start **next** to the **cot**, then a few steps **back**, then **outside** the **room**.



Keep doing this **slowly** until your baby learns to fall **asleep** by **themselves**.

Some nights will be hard.

If your baby was born early



Babies born before **37 weeks** might take **longer** to learn **sleep** habits. Give them **extra time**.



Babies born early may need **extra help** learning to **settle** and **sleep well**.

Be **patient** and **consistent**.

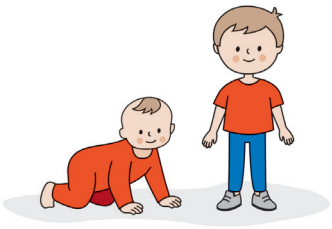


Make small sleep **changes**, follow the **same bedtime steps**, and **stay close** while your baby learns.

When to see a doctor?



Some babies need **help** with **sleep**. It is **important** your baby gets the **right amount of sleep**.



Poor sleep can **affect feeding** and **weight gain**.



See your doctor if your baby **breathes strangely** at night, **snores loudly**, or **drools a lot**.



If your baby **wakes often** or seems **tired during** the **day**, **trust** your own **feeling** and **ask** for **help**.

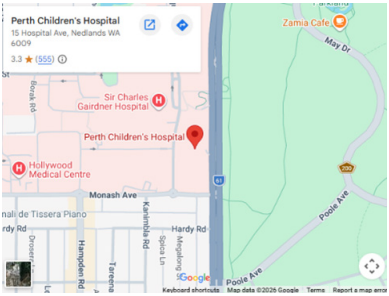
Referrals



Your **GP or doctor** is your **first** point of **contact**.

Your GP can refer you to Ngala for more sleep advice.

Or refer you to a private doctor or specialist clinic.



The Sleep Clinic at **Perth Children's Hospital** (to check sleep and breathing)



Or

The **Ear Nose and Throat (ENT) Clinic** at **Perth Children's Hospital** (to check for airway problems).

Resources

There are good resources for sleep.

Ngala gives information and advice.

Ngala has a **Parenting Line** which is open 8am-8pm for advice on sleep issues.
The number is **(08) 9368 9368**.
Ngala **welcomes all cultures**.

Other **helpful links** include:

Australian Government's
Raising Children Network

Sleep resources from
Royal College of General Practitioners

Australian Sleep Health Foundation

Notes

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For more information scan the QR code or visit
cahs.health.wa.gov.au/Neonatology-Resources

If you need help with language, talk to our staff or call the Translating and Interpreting Service (TIS) on 131 450. We can also give this document in other formats for people with disability.

Note: This information is for general education and information. For medical advice, contact a qualified healthcare professional.
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