



At Love To Dream™, we know how important sleep is – for your baby, for you and for the whole family.

We think it's essential that all parents have the knowledge and tools they need to start laying healthy sleep foundations for their babies [From Day One™](#).

From the time they take their newborn home, all parents have their own **baby sleep questions**. How long should my baby sleep for? How many layers should I dress them in? How long should my baby be awake for?

To make life a little easier for you, we've teamed up with paediatric health professionals and certified sleep consultants to create this **Essential Guide to Healthy Sleep Foundations**.

It's filled with **information and tips** to help you establish a rhythm to your baby's day and lay the foundations for **healthy sleep patterns** and **longer, better, safer sleep**.

Keep it on hand, refer to it when those questions come up and remember, you've got this!

Congratulations on your new arrival and we hope we can help your family achieve a better night's sleep.

*From all
of us at
Love To Dream™*

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Love To Dream™ appreciates that each family has their own parenting practices. This guide presents some information and practical tips that we hope helps you begin to lay healthy sleep foundations for your baby.

This guide is for informational purposes only and does not constitute medical or allied health advice. Always follow current safe sleeping guidelines published by a reputable health authority and consult with your own medical or allied health advisors to discuss your child's individual needs.