


# Safe Kids Healthy Kids Happy Kids

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## Newborns Who Confuse Night and Day

It is important for moms of infants to get sleep. However, some babies get their days and nights confused. When this happens, mom often spends her “sleeping hours” taking care of her wide awake infant. She may not have much time during the day to catch up on her “lost” sleep time. If this happens for a long period of time, mom gets cranky, tired and less able to cope with stressful situations.



Mom can help her baby sleep better at night:

- Stop caffeine use if she is breastfeeding.
- Play with the baby frequently during the day – talking, singing, reading, storytelling and directly looking at baby.
- Ask the daycare provider to play with the baby and not allow the baby to sleep all day.

- Feed, diaper, swaddle, walk and rock the baby between 9 p.m. and midnight for an hour; then go to bed. Feed the baby early in the morning (around 5 a.m.) and feed her frequently during the day.

- Keep the lights off or on very low during night time feedings. Quietly feed and diaper the baby. Softly hum a lullaby and cuddle him. (No television, rock music, talking or playing. These stimulate the baby.)
- Make sure the baby is not too cold or too warm.

Babies will eventually change to a more normal sleeping schedule. This usually starts to happen by about 3 months of age. Until this happens, mom may have to adjust her sleeping schedule and take a few naps during the day or evening.

Call the Parent Help Line. We listen. We can find you help.  
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.