



# Sleep Cycle



## SLEEP CYCLE

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## What is a Sleep Cycle?

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After 6-8 weeks, your baby is beginning to produce melatonin the sleep hormone, their circadian rhythm is beginning to gradually emerge, and these sleep cycles start to appear.

This is simply one cycle of sleep for your baby.

In the first 10 minutes your baby is starting to fall asleep, if you are holding them, they may appear to be fidgety, eyes flickering open and shut. Then suddenly they relax, and they are fast asleep.

From 10-20 minutes, they are falling into the deeper phase of sleep which will only last 20-25 minutes. Some babies will jolt as the stage as they quickly fall into the deep sleep phase.

This is why a swaddle can help protect them from startling themselves awake. They may also ping their eyes open briefly, appearing to stare right through you before closing their eyes and giving into sleep.

This deeper stage of sleep lasts 20-25 minutes, and this is when you can slam doors, talk around your baby, put their washing away, turn the tv up, and they won't wake. They are in a deep sleep.

Remaining in this deep heavy sleep for too long puts babies at a higher risk of SIDS which is why evolutionary speaking we developed these sleep cycles.

Your baby begins to drift back into a light sleep and for the final 5-10 minutes of this 45-minute cycle they are very easy to wake up. This is when you wouldn't slam the door, or put their washing away! Your baby might wake up at the 45 minute mark, flicker their eyes open, roll their head to the other side, and go back to sleep.....or cry out looking for help to get back to sleep.

Both are completely normal.

These sleep cycles stick around for your baby's naps until they drop their naps between 2- 3 years old.

If your baby appears to only have a 20 or 30 minute sleep cycle, this is usually a sign they are very over tired. Try reducing their awake window right back, and assisting them to clear some sleep debt and have some good naps.

## Baby's Sleep Cycle



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If you want some more help with your child's sleep,  
[get in touch](#)

Try our [Online Sleep Program](#)

[www.babysleepconsultant.co.nz](http://www.babysleepconsultant.co.nz)

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!





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Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.