

BENEFITS OF QUALITY SLEEP FOR INFANTS



HELPS WITH BRAIN DEVELOPMENT

Your child's brain will roughly double in size in their first year of life. From birth to the age of 3 a child sees the fastest rate of brain development of his entire life span. Getting good quality sleep, this includes naps, helps with memory retention!



INCREASES THEIR IMMUNE SYSTEM

Children's immune systems are not fully developed at birth. Children who do not get adequate sleep are more prone to disease and infection, and it can affect their recovery time when they do fall ill.



GROWTH

Somatotropin is a growth hormone which is released throughout the day, but "approximately 80% of it is released soon after a child or adolescent is in the Non-REM stage of sleep." So not getting enough sleep can stunt their physical development. It has also been found that short sleep duration can lead to childhood obesity.



INCREASED CREATIVITY

It has been found that children who get better sleep are more creative in general, and specifically more creative in their problem solving capabilities. Better sleep helps the brain make connections and solve problems, fueling the creative process.

HOW CAN YOU HELP YOUR BABY SLEEP BETTER?



Create a sleep environment conducive to sleep



Establish a Bedtime routine



Ensure their needs are met. Especially Nutrition & emotional security



Know the age appropriate amounts of sleep your child needs!