



Western Upper Peninsula Health Department **BREASTFEEDING**

The quarterly newsletter for breastfeeding information



COPING WITH LITTLE SLEEP

I'm sure you've heard it before - having a newborn is HARD. Your sleep schedule is all messed up, if you're even really sleeping at all and you feel like you're losing your mind! In this issue we will be giving you tips on how to cope with little to no sleep.

In the beginning..

Everyone's situation is a little different, some will have newborns that sleep longer periods of times, others will have newborns that sleep shorter periods of times, and some will have newborns that need to be woken up at certain times to breastfeed.

Regardless of which one you are, trying to get used to your new sleep schedule can be hard. If you're not getting much sleep at all, it can be even harder. But don't fear! This won't last forever and tons of new parents have gone, and gotten through it, so can you!

I repeat.. so can you!

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Tips to cope with little to no sleep

- **Sleep when baby sleeps.** One of the first things always mentioned is to sleep when your baby sleeps. When you become a mom, you will soon find out this is a LOT easier said than done. But it is still worth a shot!
- **Go to sleep early in the night.** If you have difficulty with this, try starting a nighttime, relaxing routine. Such as taking a bath, reading a book, whatever it is that helps you relax.
- **Share nighttime duties, if you can.** This tip is useful for parents who have a partner around that is able and willing to take turns waking up with baby. This can give you a little extra rest.
- **Ask for help!** This is important in every aspect of parenthood and should not be looked down upon. If you have someone willing to come over during the day and help you out so you can rest or take a little nap - take advantage of it!
- **Exercise.** I'm not sure how high on your list this will be, but believe it or not regular exercise can help you feel less tired throughout the day.
- **Let the dishes sit.** It's easy to get stressed out and lose even more sleep over trying to accomplish everything else around the house. Sometimes all you need to do is let the dishes sit. They will be there tomorrow and you can take care of them then. (Or this can fall back onto the asking for help category as well!)
- **Be aware of Postpartum Depression.** This tip is a little heavier than the rest, but if you can't sleep at night even when baby sleeps, you feel tired all the time, or you just feel that something isn't right (you know you best) these may be signs of Postpartum Depression and there is NO shame and seeking help from your doctor!
- **SELF CARE!** Don't forget to take care of you. Leave work at work, leave the dishes undone, and focus on doing something that you enjoy. Whether that be listening to your favorite music, exploring your hobbies, going for a walk, or just being.

**YOU GOT
THIS!**