



Sleep Suggestions Postpartum

Sleep is essential and can be one of the hardest things to obtain postpartum.

- Sleep is the number one step in self-care postpartum.
- For a postpartum depression, anxiety or other maternal mental health disorders sleep is an essential part of healing.
- If you are taking a medication, sleep will help to make it more effective.
- Connect with and listen to people who are honest about the difficulty of newborns and sleep deprivation.
- As hard as this might be in the moment, try to remind each other and yourself that sleep deprivation in new parenthood is short lived.
- Some potential sleep suggestions
 - ❖ At one month postpartum, if you have not already, consider introducing a bottle.
 - ❖ Have partner get up or stay up and take a "shift."
 - ❖ Some people split the night- half and half.
 - ❖ Some people have their partner take the "shift" at the beginning of the night or early morning
 - ❖ Establish who is going to take which "shift" before night falls.
 - ❖ If possible, sleep in another room when partner is "on."
 - ❖ When your partner is "on" you be "off" – consider using ear plugs.
 - ❖ Consider using a white noise machine, putting it close to where your baby sleeps.
 - ❖ When your baby is 6 months, consider some type of sleep training - Please consult your pediatrician.
- Give yourself permission:
 - ❖ To take naps
 - ❖ To rest if you can't sleep
 - ❖ To go to bed early
 - ❖ To leave chores or other projects for another time
 - ❖ To ask friend/family to come over and hold the baby while you sleep

~ If you have an opportunity to sleep - take it! ~

If you are tired, have the opportunity to sleep, and you cannot, please call your MD or Mothers Care mental health provider.