



**APPRENDRE  
À DORMIR**

# My baby wakes up several times a night, is this normal? He must be sleep deprived!

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Studies show that babies wake up **an average of three times during the night**, some more, some less. The key to knowing if your child is sleep deprived is to observe [signs of lack of sleep](#).

**Around 9 months, [sleep trains](#) begin to flow** simply because of brain development. Before this age, the brain is still immature and the sleep-wake rhythm fluctuates a lot from one baby to another.

## Nighttime awakenings: the harsh reality

This is one of the realities of infant sleep for which parents must have realistic expectations. However, there is reason for **optimism that with time, brain maturation and the right conditions for autonomy, the awakenings will disappear**. Just as with learning to walk, consolidated sleep will set in when the time is right.

# Awakenings are normal and useful

Some children have few awakenings and others, many. We must try to follow their rhythm because waking up is linked to **vital needs** such as hunger, thirst, the need to be changed, pain, etc. Awakenings are also related to the **maturation of the brain** and the **acquisition of sleep autonomy**.

Awakenings occur **between the different sleep phases** (stage 1, 2, 3 and 4 or REM) and **sleep cycles** (from 40 to 90 minutes depending on age). Thus, the [transition from one train car to another](#) (the phases) and the sequences of [sleep trains](#) (the cycles) can cause arousals and micro-arousals.

No diagnosis of a sleep disorder can be made between 0 and 1 year of age.

## Inspiration and scientific sources:

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