



**APPRENDRE
À DORMIR**

Naître et Grandir: Babies and Sleep

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This [fact sheet from Naître et Grandir](#) presents the **realities of sleep for babies aged 0 to 12 months, divided into age groups.**

They discuss [sleep needs](#), [the evolution of sleep patterns](#), the famous “[sleeping through the night](#)” milestone, and [night awakenings](#).

You'll also find tips on how to create an environment that's both conducive to sleep, for example by establishing a [routine](#), and safe for your baby, including sleep arrangements such as co-sleeping.

To know more and continue reading on [Naitre et Grandir website](#), click here:

- [Infant sleep from 0 to 3 months](#)
- [Infant sleep from 3 to 6 months](#)
- [Infant sleep from 6 to 12 months](#)
- [Things to keep in mind](#)

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