APPRENDRE À DORMIR

Naître et Grandir: Babies and Sleep

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Date : 29 September 2023



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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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