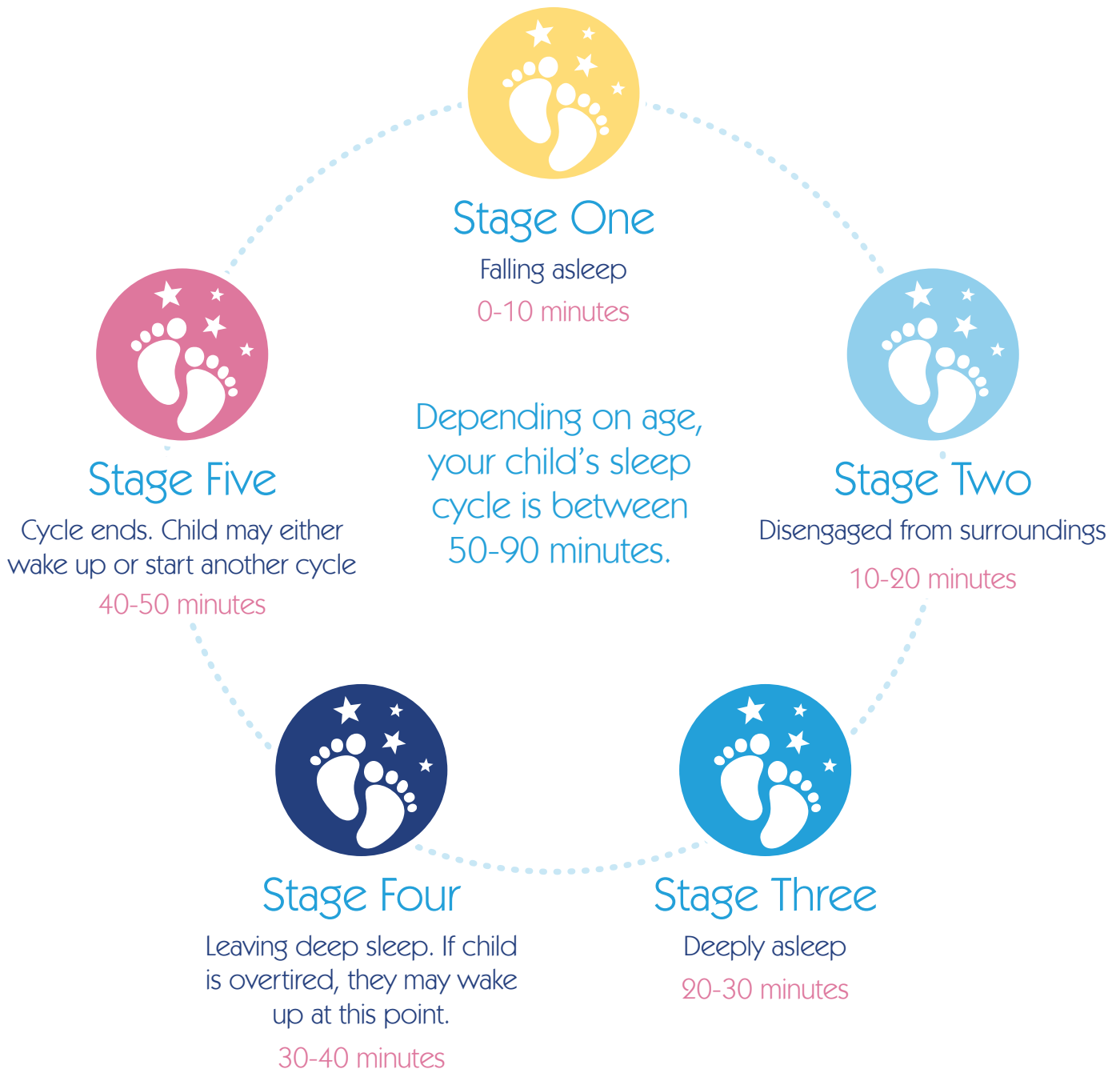




Baby Sleep 101

Help Your Child Sleep Better

Your Child's Natural Sleep Cycle

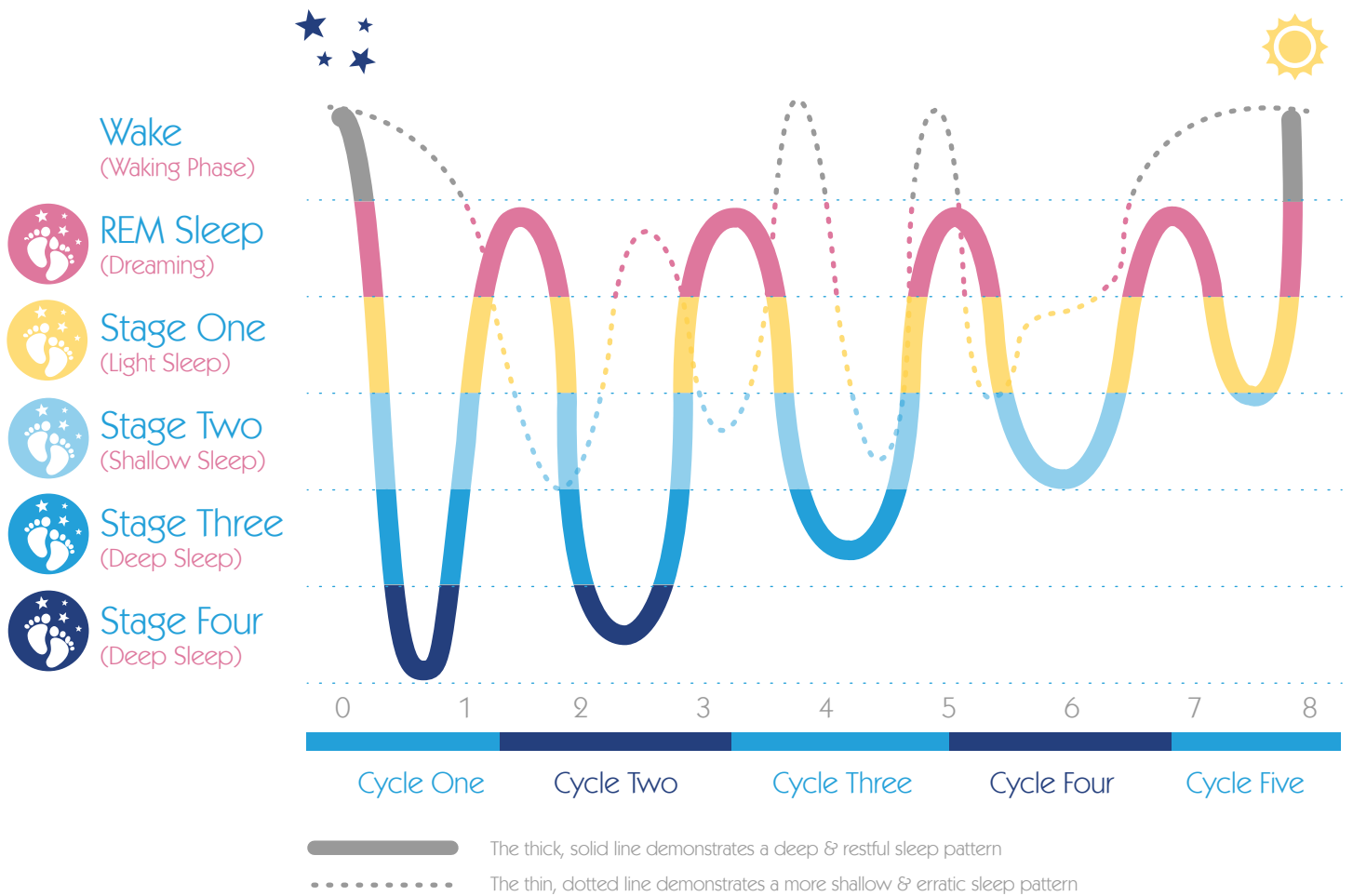




Baby Sleep 101

Help Your Child Sleep Better

Your Child's Stages of Sleep



Stage One
(Light Sleep)

- Drowsiness
- Easily awakened



Stage Two
(Shallow Sleep)

- Awareness of surroundings fades
- Body temperature drops



Stage Three & Four
(Deep Sleep)

- Deepest and most restorative sleep
- Bone, muscle and tissue repair and new growth occur here



Stage Five
(REM Sleep)

- Brain becomes 'active' but body relaxes
- Provides energy to brain and body
- More frequent as the night progresses
- Dreaming occurs