

# The Night Owl Baby

(...based on a true story)

This is how it all begins. When we are born, we are like little sociopaths who sleep like angels during the day and spend the night like owls, expressing all our emotions while our parents try to sleep. We don't do it for fun. It's biology rules. Life is hard to configure during the first years.

Andrew is a guy who decided to analyze the sleeping pattern of his daughter during the first days of her life. During five fatal months of noisy nights and lack of sleep, he recorded the exact periods of time she spent awake and slept. He thought that this data would show him how did the circadian rhythm of his daughter oscillated until adapting his sleeping pattern into something more "respectful" for her parents.

Andrew would like us to create an infographic about the sleeping patterns of his newborn during her first five months and he has provided us with the following data:



- First 6 weeks: she sleeps from 16 to 17 hours a day, but she doesn't stay asleep for more than two to four hours at a time. The time she stays awake is completely unpredictable.
- From 6 to 8 weeks: she begins to sleep for shorter periods during the day and longer periods at night, though mostly continues to wake up to feed or to ask for attention during the night.
- From 4th to 6th month on: she starts to sleep for stretches of 8 to 12 hours through the night. She sleeps shorter naps during the day in random hours.

## Objective:

Create an infographic showing the regularization of Andrew's baby sleeping pattern during her first five months, until it becomes similar to the one of an adult. **Feel free to simulate numbers and use a graph** (or multiple graphs!) to show such evolution, if that makes it easier. **You can also add any additional information** (be creative!) that you find useful to understand the general picture.

Have fun!!