



## Sleep Deprivation and Breastfeeding

My baby is four weeks old, and already I feel like I'm suffering from extreme sleep deprivation. How can I breastfeed on demand and still get enough sleep?



Keep your baby close by the bed in her own bassinet. With your baby beside you, you need only roll over, pick her up, and place her next to you to breastfeed (</English/ages-stages/baby/breastfeeding/Pages/Where-We-Stand-Breastfeeding.aspx>). If your husband is willing to change the baby's diaper when necessary, you can fall back asleep once a nursing session is over.

Also, try to develop the habit (</English/ages-stages/baby/breastfeeding/Pages/Establishing-a-Breastfeeding-Routine.aspx>) of sleeping during the day when the baby sleeps. Some sleep deprivation (</English/news/Pages/Breastfeeding-Moms-Dont-Get-Less-or-Worse-Sleep-Than-Moms-Who-Use-Formula-Study-Finds.aspx>) is always part of the process of early parenting, but breastfeeding certainly disrupts sleep less than getting up and preparing a bottle of formula. And soon your baby will sleep for longer intervals.

See A Parent's Guide to Safe Sleep (</English/ages-stages/baby/sleep/pages/A-Parents-Guide-to-Safe-Sleep.aspx>).

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