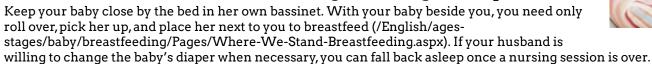


Sleep Deprivation and Breastfeeding

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?



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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The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



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