

Sleep After Baby: 5 Realistic Ways to Protect Your Rest



Understand What Is Normal

- ✓ Sleep will be broken & unpredictable.
- ✓ Newborns need frequent feeding (every 2-3 hours).
- ✓ It's okay to feel tired; your body is healing.



Protect Your Energy

- ✓ Limit visitors and social obligations.
- ✓ Prioritize rest over non-essential tasks.
- ✓ Delegate household chores to partners, family, or friends.



Find Rest in Small Moments

- ✓ Sleep when the baby sleeps, even for short naps.
- ✓ Practice restful activities: deep breathing, light stretching, or listening to calming music.
- ✓ Use feeding times as moments for quiet connection.



Check In With Yourself

- ✓ Acknowledge your emotions without judgment.
- ✓ Communicate your needs openly with your partner or support system. Seek professional help if feeling overwhelmed or struggling with mental health.

Remember

This is a temporary phase; things will evolve. Be kind to yourself; you are doing a remarkable job. Embracing realistic rest helps you and your baby thrive.



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