

TIRED AND OVERTIRED SIGNS

TIRED SIGNS

As your baby is unable to verbally tell you when they are getting tired, you can look out for the following signs and cues which will help let you know that your baby is ready for sleep:

- Generally, your newborn baby won't rub their eyes, but you may start to see some eye rubbing from three months onwards once they develop the coordination to do this
- Your baby's arm movements will start to get jerky
- They will have a distant look in their eye, will stop focussing on objects and will look away from you
- They will appear bored
- They might start to get a red appearance on their eyebrows and under their eyes
- They may pull at their hair or ears
- They could become more vocal and chatty
- They might suddenly appear to be hungry and want to suck but then fall asleep quickly while feeding
- Their hands might tighten into fists
- They will probably become more grizzly and start to cry more
- They may even spill more as they get tired

OVERTIRED SIGNS

If your newborn has consistently not been sleeping well they could easily become overtired and exhibit the following behaviour:

- They will most likely scream and cry a lot and be very difficult to settle
- They won't feed well
- They don't grow well
- Because their nervous systems are on high alert from being overtired they can suffer pain a lot worse
- They are more likely to show symptoms of reflux and colic