



# Breastfed babies' sleep, Breastfeeding parents' sleep

**Claude Didierjean-Jouveau**



## The birth of a child always disturbs parents' sleep

- In January 2019, a study was published on the degree of satisfaction with sleep and its duration, before pregnancy, during pregnancy, and after the birth of the child until the age of 6. Between 2008 and 2015, 2,541 women and 2,118 men who had a first, second or third child during this period were interviewed once a year.
- Results: Levels of both sleep duration and satisfaction dropped sharply after birth, were lowest in the first three months postpartum, and had not fully returned to pre-pregnancy levels six years after the birth of the first child.
- *Richter D et al, Long-term effects of pregnancy and childbirth on sleep satisfaction and duration of first-time and experienced mothers and fathers, Sleep 2019.*



## Most babies wake up at night

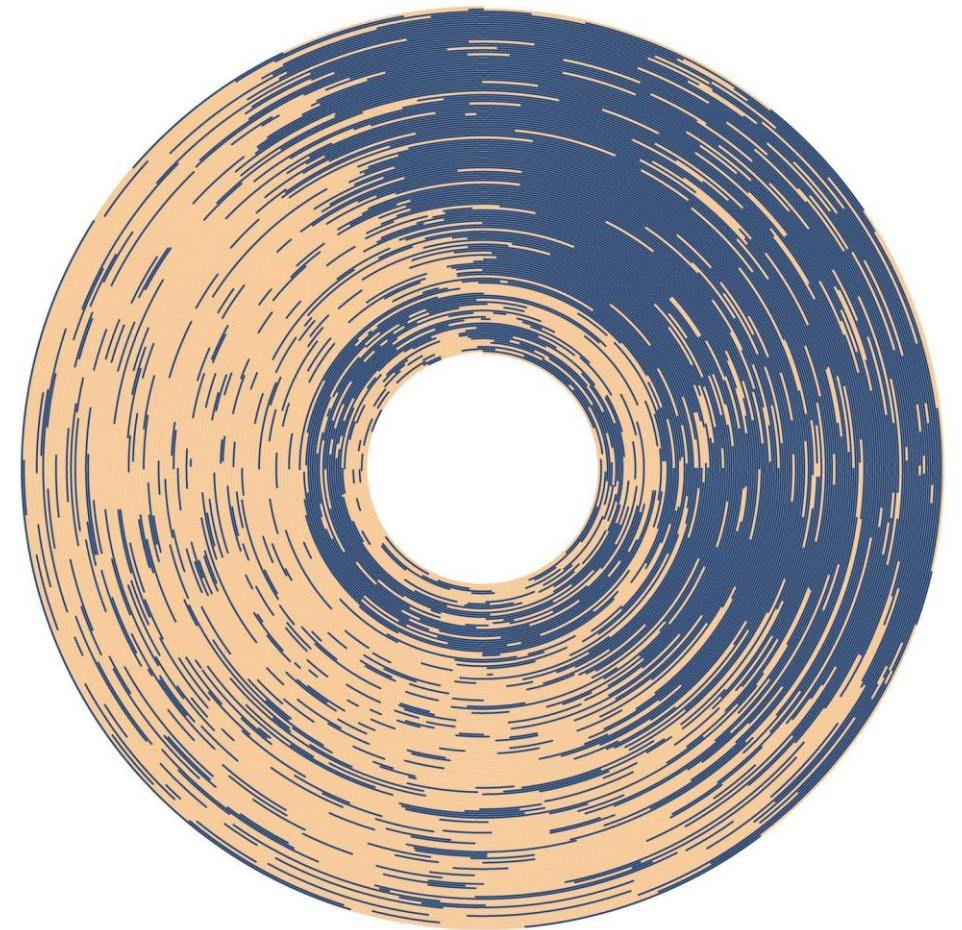
- In a Canadian study carried out on more than 700 mother/child dyads, 37.6 % of babies aged 6 months and 27.9 % of those aged 12 months did not sleep through the night, if we take as a definition of "sleeping through the night" sleeping 6 hours in a row ; if we take 8 hours in a row as a definition, the percentages rose to 57 % at 6 months and 43.4 % at 12 months.
- No adverse effects on children's psychomotor development and maternal mood were found.
- The researchers concluded that "the expectations for early sleep consolidation (sleeping through the night) could be lowered"!
- *Marie-Hélène Pennestri et al, Uninterrupted infant sleep, development and maternal mood, Pediatrics 2018 ; 142(6).*





## Sleep and wakefulness for the first 6 months

- Using the Baby Connect iPhone app, a young Australian father built a comprehensive database of his daughter's sleep and wake cycles for each day of the first six months of her life. And made this graphic out of it.
- The spiral begins inside the circle, marking the birth. It continues as the baby grows - each full revolution of the circle represents a 24-hour day, midnight at the top of the "clock" and noon at the bottom.
- Dark lines are sleep, light lines are awakenings.





## Why night waking? A hypothesis

- *Haig D , Troubled sleep – Night waking, breastfeeding and parent-offspring conflict. Evol Med Public Health 2014 ; 1 : 32-9.*
- In this article, the author analyzes the hypothesis that nocturnal awakenings are intended to increase the duration of lactational amenorrhea, and to minimize the possibility of rapid onset of a new pregnancy, in order to prolong the mother's investment, and therefore increase the child's chances of survival.



**Do breastfed babies  
sleep less?**



# Do breastfed babies sleep less?

- In this study of 94 mothers of babies aged 2 to 4 months, breastfed babies slept 45 minutes more per night than bottle-fed babies.
- *Cohen Engler A et al., Breastfeeding may improve nocturnal sleep and reduce infantile colic: potential role of breast milk melatonin, European Journal of Pediatrics 2012 ; 171(4) : 720-32.*

# And later?

- A study on 1,693 children aged 3 to 5 assessed the combined impact of breastfeeding and sleep on the risk of childhood obesity.
- The number of hours of sleep was inversely correlated with the risk of obesity. Children of normal weight slept an average of 8.87 hours daily compared to 8.44 hours in obese children. Regarding the relationship between breastfeeding and hours of sleep, children who had been breastfed slept 9.05 hours daily compared to 8.57 hours in those who had not been breastfed.
- This longer duration of sleep in toddlers when they were breastfed is therefore particularly interesting, and this impact of breastfeeding may explain the lower risk of obesity in these children.
- *Breastfeeding history, preschool children's sleep, and obesity. Herring A et al. Compr Child Adolesc Nurs 2021.*



# Do Breastfed Babies Wake Up More?



# Do Breastfed Babies Wake Up More?

- More than 700 mothers with babies aged 6 to 12 months were asked about their baby's nights, the number of awakenings, nightly meals, breastfeeding and the solids he took.
- 78.6% of babies woke up regularly at least once a night, and 61.4% took milk once or more. There was no difference in waking up or eating at night between breastfed and bottle-fed babies.
- Interestingly, babies who took more milk or solids during the day were less likely to feed at night... but no less likely to wake up.
- *Brown Amy et Harries Victoria, Infant Sleep and Night Feeding Patterns During Later Infancy: Association with Breastfeeding Frequency, Daytime Complementary Food Intake, and Infant Weight, Breastfeeding Medicine 2015 ; 10(5).*

# Sleep-inducing milk?

- Human milk contains nucleotides which play an important role in regulating sleep.
- Spanish researchers studied the concentration of three nucleotides (adenine, guanine and uridine) in the milk of 30 women expressed six or eight times in a 24-hour period. These nucleotides calm the central nervous system, leading to rest and sleep. They found a higher concentration in the milk expressed during the night (between 8 p.m. and 8 a.m.).
- This probably explains why babies usually go back to sleep so easily after a small feed at night!
- *Sánchez CL et al., The possible role of human milk nucleotides as sleep inducers, Nutritional Neuroscience 2009 ; 12(1) : 2-8.*

# Sleep-inducing milk?

- The same researchers noticed that morning milk is rich in L-tyrosine, an amino acid which is the precursor of dopamine and adrenaline, the neurotransmitters of arousal, dynamism and concentration.
- But from 5 p.m., the milk is rich in **tryptophan**, an amino acid precursor of serotonin and **melatonin**.
- *Sánchez CL et al., Nitrogen and protein content analysis of human milk, diurnality vs. nocturnality, Nutr Hosp 2011 ; 26 : 511–514.*



# Sleep-inducing milk?

- Another Spanish study confirmed the circadian rhythm of **tryptophan** in breast milk and continued research by studying the levels of a melatonin metabolite (breakdown product) extracted from urine in the diapers of breastfed infants. The diaper study was worth it: The melatonin metabolite not only exhibited clear circadian rhythms in breastfed babies, but was also linked to mothers' tryptophan levels.
- *Cubero J et al., The circadian rhythm of tryptophan in breast milk affects the rhythms of 6-sulfatoxymelatonin and sleep in newborns, Neuro Endocrinology Letters 2005 ; 26(6) : 657-61.*

# Sleep-inducing milk?

- The morning milk is on average three times more concentrated in cortisol than in the evening. This hormone is associated with stress and would make the milk at the start of the day more energizing.
- In the evening, on the other hand, the milk contains more melatonin, also called the "sleep hormone" (it also has a relaxing role on the intestinal muscles, hence less colic).
- *Jennifer Hahn-Holbrook et al., Human milk as "chrononutrition": implications for child health and development, *Pediatr Res* 2019 ; 85(7) : 936-942.*

# Implications for mothers who express their milk

- Labeling expressed milk with the time of day it was expressed could help maintain the valuable link between breast milk components and infant sleep, even when the mother has to be away.

# Why do we think they wake up more?

- In this study, mothers not only had to keep a diary, but their sleep and that of their babies was also recorded by an actigraph.
- Result: the actigraphic data showed that the total duration of sleep and that of the sleep ranges increased over time, without a significant difference being observed between 4 and 18 weeks between children exclusively breastfed and children exclusively fed on industrial milk. The frequency of nocturnal awakenings was also similar in the two groups of children. At 18 weeks, exclusively breastfed infants slept longer than those fed industrial milk.
- But, from 8 weeks and up to 18 weeks, mothers giving exclusively industrial milk overestimated the quality and duration of their child's sleep at night and underestimated the frequency of nocturnal awakenings!
- This study shows, on the one hand, that despite widely held cultural beliefs, children fed on industrial milk do not sleep better or longer than exclusively breastfed children when their sleep is objectively assessed, while mothers who give industrial milk significantly overestimate the duration and quality of their child's sleep, as do mothers whose children sleep in a room other than the parental room.
- *Rudzik AEF et al., Discrepancies in maternal reports of infant sleep vs actigraphy by mode of feeding, Sleep Med 2018 ; 49 : 90-8.*



# Nights

## PSYCHOLOGIE

### Les bébés font-ils vraiment leurs nuits ?

**P**our beaucoup de jeunes parents, le sommeil de bébé est source d'inquiétude... et d'épuisement. Nombreux sont ceux qui mettent tout en œuvre pour que le bébé « fasse ses nuits » le plus vite possible. Une étude menée par des chercheurs de l'université McGill au Canada vient apporter de nouveaux éléments sur cette étape. Pour cette recherche, les auteurs ont demandé à 44 mères de tenir durant à peu près deux semaines un « journal de sommeil » pour leur enfant de 6 mois. Ce journal de sommeil, qui consiste à noter scrupuleusement les réveils nocturnes de l'enfant, est un outil classique pour évaluer la qualité et la quantité de sommeil sur de longues périodes. Les résultats indiquent d'abord qu'à 6 mois, environ un quart des enfants ne dormait jamais 6 heures consécutives et que la moitié des enfants ne dormait jamais 8 heures consécutives. Par ailleurs, même chez les dormeurs, le « Graal » des 8 heures de sommeil n'était atteint en moyenne que 3 jours sur les 13 évalués. La plupart des 44 enfants suivis dans l'étude montraient plutôt une grande variabilité dans le nombre d'heures de sommeil consécutives d'une nuit à l'autre. Les chercheurs ont tenté de corréler ces résultats à certaines variables. Ainsi les bébés allaités ou qui dorment avec leurs parents étaient plus souvent décrits comme ayant un



sommeil fragmenté, mais cette association est peut-être simplement liée au fait que les mères allaitantes ou en « cododo » sont plus enclines à « observer » le bébé la nuit, en raison de leur proximité physique. En conclusion, l'enquête permet de démystifier le concept de faire ses nuits : la conquête du sommeil est moins une course contre la montre qu'une étape de montagne. D'un point de vue méthodologique, la recherche invite aussi à être plus précis lorsqu'on interroge les parents pour savoir si leur bébé fait ses nuits : lorsque le sommeil est variable d'une nuit à l'autre, les parents sont peu enclins à dire que leur enfant est capable de dormir 6 à 8 heures consécutives. ■

ROMINA RONALDI

Marie-Hélène Pennestri *et al.*, « Sleeping through the night or though the nights? », *Sleep Medicine*, n° 76, décembre 2020.

# Why don't all babies sleep the same?

- A study was carried out on 995 pairs of Quebec twins, born between 1995 and 1998, whose mothers reported sleeping habits at 6, 18, 30 and 48 months.
- While daytime naps seemed, especially at 2 years old, to be positively influenced by environmental factors (especially a quiet, dark sleep space), nighttime sleep (especially how long they slept without waking up) was heavily dependent on genetic factors: 47% for 6 month old babies, 58% for 30 month old babies and 54% for 48 month old babies.
- It also means that all methods of letting the baby cry if he wakes up (more or less and longer or shorter, see Richard Ferber and Co) will never work with some babies who “are programmed to wake up during night no matter what, and need comfort when they wake up”.
- *Touchette E et al, Genetic and Environmental Influences on Daytime and Nighttime Sleep Duration in Early Childhood, Pediatrics 2013 ; 131(6) : e1874-80.*



# Do breastfeeding parents sleep less?



# Do breastfeeding parents sleep less?

- The researchers **objectively** measured sleep duration of 133 couples of parents of babies aged 3 months, using **monitors attached to the wrist**.
- Parents of babies **who breastfed in the evening and/or at night** slept **40 to 45 minutes longer** than parents of babies who received formula in the evening and at night.
- And parents of breastfed babies who gave them **a bottle of formula at night** slept **less well** than those whose babies were exclusively breastfed.
- **Mothers who shared responsibility for night meals with the father** **slept less well than those who looked after them alone**.
- *Doan, T. et al. Breast-feeding increases sleep duration of new parents. The Journal of Perinatal & Neonatal Nursing 2007 ; 21 (3) : 200-206.*



# Do breastfeeding parents sleep less?

- In another study (by West Virginia University's researchers) of 80 new mothers between the second week and the twelfth week after birth,
- those who breastfed exclusively, those who gave the bottle exclusively and those who did mixed feeding, **all had the same average sleep duration** (7.2 hours) and all felt tired (mainly because fragmented sleep)
- *Montgomery-Downs HE, Infant feeding methods and maternal sleep and daytime functioning, Pediatrics 2010 ; 126(6) : e1562-8.*



# Do breastfeeding parents sleep less?

- The increase in **prolactin levels** is believed to be responsible for the increase in deep sleep time observed in breastfeeding women in a study that compared exclusively breastfeeding women, women feeding their babies with industrial milk, and non-pregnant and non-breastfeeding women constituting the control group.
- While total sleep time and REM sleep duration were close in all three groups, deep sleep time - the most restorative - was higher in breastfeeding women (182 minutes) than in non-pregnant and non-breastfeeding women (86 minutes) and in those giving the bottle (63 minutes).
- *Blyton DM, Sullivan CE, Edwards N, Lactation is associated with an increase in slow-wave sleep in women, J Sleep Res 2002 ; 11(4) : 297-303.*

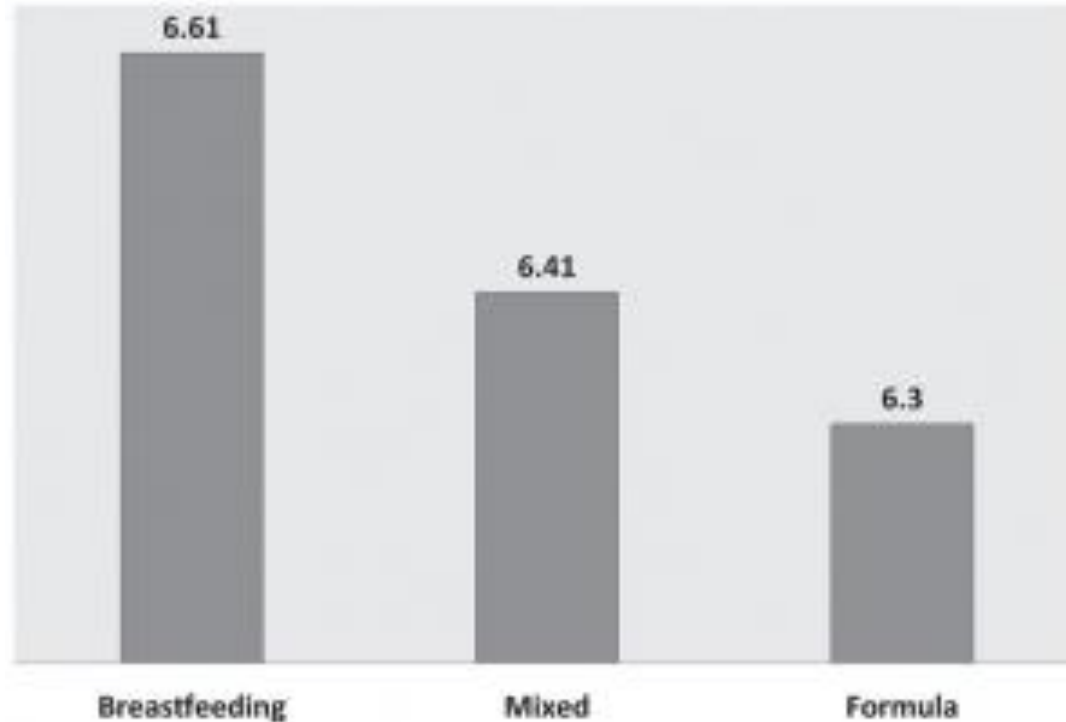


# A mother's story

- Maria: From my training as a psychotherapist specializing in behavioral and cognitive therapies, I learned some essential information about sleep. I wanted to share them and show you something interesting for breastfeeding moms. Despite our many night wakings and very little sleep, we are recovering not that badly! The first piece of information to remember is that we recover the sleep debt from the day before and not to prepare for the next day... No matter the number of hours and the number of awakenings, our body gets used to it and changes the phases of the sleep so that we recover as efficiently as possible in a short time. Our fatigue is sometimes just "psychological", because we have the impression of not getting enough sleep. We have also a lot of stereotypes about sleep as well as high expectations in terms of quantity. The photo opposite is from an app that measures deep sleep time based on breathing through the phone's microphone (Runtastic Sleep Better, but there are plenty more). You can download this kind of app for free, put the phone in airplane mode next to your head, and let's go! I thought I had a terrible, nightmarish night full of awakenings (I counted about 20), not sleeping all night and not recovering. Indeed, there was a very large and impressive number of awakenings, visible in red (my daughter is ill at the moment), a very late bedtime (well after midnight), an early awakening, but... I have still slept relatively well :), despite everything, I recovered to more than 80%. Courage to all breastfeeding mothers, we sleep anyway! Note: my daughter is 17 months old, she is still breastfed and we do co-sleeping.



# Do breastfeeding parents sleep less?



- Kendall-Tackett Study:
- 6,410 mothers of babies aged 0 to 12 months, participating in the Survey of Mothers' Sleep and Fatigue in 2008-2009, representing 59 countries. 4,774 mothers exclusively breastfed, 1,125 mixed, and 176 gave formula. They were asked to say how many hours they slept on average each night (online questionnaire).
- Results: 6.61 hours for the first ones, 6.41 for the second ones and 6.3 for the third ones.
- *Kathleen Kendall-Tackett, Zhen Cong, Thomas W. Hale, The Effect of Feeding Method on Sleep Duration, Maternal Well-being, and Postpartum Depression, Clinical Lactation 2011 ; 2(2) : 22-26.*



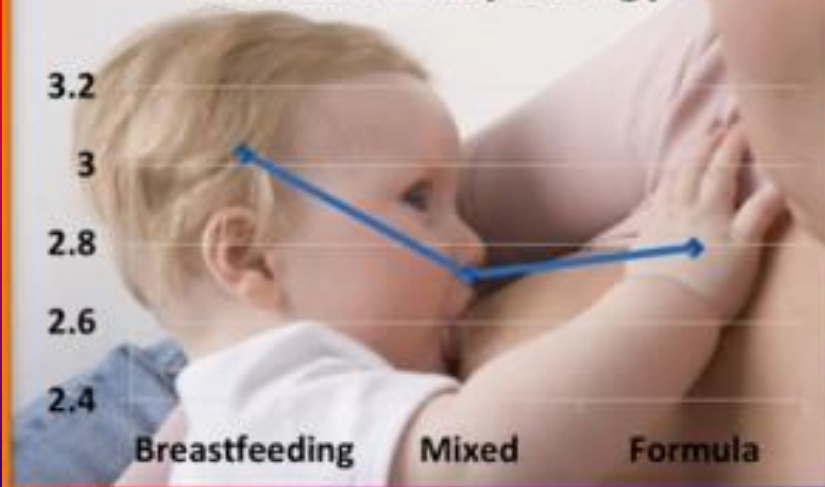
# Do breastfeeding parents sleep less?

### Hours Mothers Sleep



Kendall-Tackett et al. *Clin Lact* 2012; 2(2): 22-26

### Mothers' Daily Energy



Kendall-Tackett et al. *Clin Lact* 2012; 2(2): 22-26

### Mothers' Depression



Kendall-Tackett et al. *Clin Lact* 2012; 2(2): 22-26

La Leche League  
International

65

Celebrating  
Connections





**Breastfeeding,  
sleep problems,  
fatigue**



# Breastfeeding and sleep problems?

- A study in Norway of more than 4,000 new mothers, interviewed seven weeks after giving birth, sought to find out how many of them experienced postpartum sleep problems and possibly depression, as well as to identify the risk factors.
- 57.7% of mothers suffered from sleep problems (so it's very common...) and 16.5% from depression. As for the risk factors: depression, previous sleep problems, being primiparous and... not exclusively breastfeeding.
- *Dorheim SK et al, Sleep and Depression in Postpartum Women : A Population-Based Study, Sleep 2009 ; 32(7) : 847-855.*



# Breastfeeding and fatigue

- 105 Belgian mothers were recruited via 2 maternity services and via social networks. Their children were 4 to 16 weeks old. They were divided into 3 groups according to whether they breastfed exclusively (AE, 61), gave exclusively industrial milk (LIE, 44), or were partially breastfeeding (AP, 12).
- They responded to the Pittsburgh Sleep Quality Index (PSQI), which assesses sleep practices and environment as well as its quality, and to the Checklist for Individual Strength-Fatigue (CIS), a 20-point rating scale that quantifies the level of fatigue, behavior, activity, motivation and concentration.
- In all cases, there was a reduction in sleep duration: 6 hours on average compared to 8 hours before pregnancy. Mothers who exclusively breastfed reported better quality of sleep, but lower sleep time compared to time spent in bed.
- The CIS score was similar in all three groups.
- *Tobback E et al., Comparison of subjective sleep and fatigue in breast- and bottle-feeding mothers, Midwifery 2017 ; 47 : 22-7.*



# How things go

- In the Kendall-Tackett study of 4,789 American mothers, who participated in a 2008-2009 maternal sleep and fatigue study, and whose babies were less than 12 months old:
- at 2 months, about 15% of babies spent most of their nights in a separate room, while 40% slept in a crib in the parental bedroom, and about 45% slept in the parental bed
- about half of the mothers (2,103) breastfed their infants at night at 12 months. 44% breastfed at night in their bed, and 55% breastfed on an armchair or sofa. 72% of mothers who breastfed in bed would go back to sleep while their babies were breastfeeding; this was also the case for 44% of mothers who breastfed in an armchair or sofa, which is worrying given the significant risks associated with this type of shared sleeping place
- mothers who took their infants into their bed did so both because of their personal beliefs (best for their baby) and practicality (best for them)
- *Kendall-Tackett K, Mother-infant sleep locations and nighttime feeding behavior, Clin Lact 2010 ; 1 : 27-31.*





# Things which don't help

- To give solids, give a bottle in the evening, try to “fill” the baby. See Amy Brown's study cited earlier: "Babies who took in more milk or more solids during the day were less likely to feed at night... but no less likely to wake up. “
- To stop breastfeeding

# Stopping breastfeeding does not reduce fatigue

- A study looked at fatigue in first-time mothers during **the first nine weeks postpartum**. The level of fatigue was moderate immediately after birth, peaking at 3 weeks, then decreasing markedly between 3 and 6 weeks.
- In this respect, there was **no difference between mothers who had in the meantime stopped breastfeeding and those who were still breastfeeding.**
- *Wambach KA, Maternal fatigue in breastfeeding primiparae during the first nine weeks postpartum, Journal of Human Lactation 1998 ; 14(3) : 219-29.*

# Things which help



# Things which help

- Knowing that **babies sleep differently from adults**, and that this will have an impact on parents' sleep, an impact which will depend on the baby's temperament.



# Things which help

- Parent / child proximity
- which generates synchronization of sleep rhythms
- avoids having to get up and be completely awake
- and facilitates night feedings



# Things which help

- These night feedings, because of certain components of breast milk present at a higher rate at night (melatonin in breastmilk peaks around 3 a.m. for example), could promote the establishment of a circadian rhythm in the baby.

# Things which help

- Take a nap?
- One study found that daytime naps did not lower maternal levels of fatigue...



# This is even the reason why we sometimes "convert" to co-sleeping

- In 2004, Professor Messer (then head of the pediatrics department at Strasbourg University Hospital) launched a questionnaire survey among pediatricians entitled: "Where did babies under 6 months sleep the night before the consultation?" The results, presented at the congress of the French Pediatric Society, showed that between 0 and 6 months, 62% of children slept regularly in their parents' room, and 32% more or less regularly in their bed.
- Breastfeeding accounted for 26.8% of the reasons for room-sharing, and 30.9% for those of bed-sharing.



# Rhythms synchronization

- Studies in sleep laboratories found that in 40% of cases, the mother woke up seconds before her child, and in 60% of cases, the child woke up a minute or two before her mother.
- *McKenna JJ, Night waking among breastfeeding mothers and infants. Conflict, congruence or both?, Evol Med Public Health 2014 ; 2014(1) : 40–47.*



# Night feedings

- A Swedish study interviewed 500 mothers of babies aged 0-6 months.
- Most children breastfed at night, some more than three times, and only 2% did not breastfeed at all.
- Hörnell A, *Breastfeeding patterns in exclusively breastfed infants : a longitudinal prospective study in Uppsala, Sweden, Acta Paediatr* 1999 ; 88(2) : 203-211.



# Night feedings

- A study published in 2006 (Kent) on babies breastfed on demand found that 64% of children breastfed 1 to 3 times per night, and that the frequency of night feeds was not correlated to the total volume of breast milk absorbed daily, nor to the daily number of feedings, nor to maternal breast storage capacity.
- It seems to be related to the temperament of the baby.



# Night feedings

- In a study from Ghana, the average number of night feeds for babies aged 6 to 12 months was four.
- *Lartey A. et al., « A randomized, community-based trial of the effects of improved, centrally processed complementary foods on growth and micronutrient status of Ghanaian infants from 6 to 12 mo of age », American Journal of Clinical Nutrition, 1999 ; 70(3) : 391-404.*





# Night feedings are not for nothing!

- In a study carried out in a rural area in northern Thailand (the only one, to my knowledge, to have observed the sleep of mothers with their babies in situ, and not in a laboratory), **the proportion of milk absorbed during night feeds was over 40%**; it remained stable throughout the first year of life.
- *Stella M. Imong et al, Predictors of breast milk intake in rural northern Thailand, Journal of Pediatric Gastroenterology and Nutrition 1989 ; 8 : 359-370.*



# Place of sleep and duration of breastfeeding

- Parents whose babies did not sleep in their room at 4 months had a significantly lower prevalence of breastfeeding at 1 month.
- *Paul IM et al., Mother-infant room-sharing and sleep outcomes in the INSIGHT study, Pediatrics 2017 ; 140(1) : e20170122.*



# Place of sleep and duration of breastfeeding

- 26 studies, conducted in 10 countries, considered the impact on breastfeeding. Collection methods for sleep and breastfeeding data varied across studies (ranging from parental responses to a questionnaire to video recording throughout the night). Definitions used for breastfeeding were also variable (no definition in 1 study). 19 studies reported a longer duration of breastfeeding when sharing the parental bed, 3 did not find this impact, and the other studies reported a higher frequency and a longer total duration of night feeds observed on the videos in children sleeping in the parental bed.
- *The influence of bed-sharing on infant physiology, breastfeeding and behaviour : a systematic review. Baddock SA et al. Sleep Med Rev 2019 ; 43 : 106-17.*

# Breastsleeping

- “Sleeping and breastfeeding are closely related, so two well-known baby sleep experts, James McKenna and Lee Gettler, invented a new word, 'breastsleeping', in order to state loud and clear that it makes no sense to separate the two since, to sleep, babies need to suck. Obviously, all of this can only work if the baby is with his mother while he is sleeping.
- The 3 main (and virtually inseparable) factors to remember:
- breastfeeding on demand,
- co-sleeping, with a baby who falls asleep next to his mother - because it is the most practical solution to keep the baby next to her at night,
- babywearing - because it is the most practical way to keep the baby next to her during the day.”

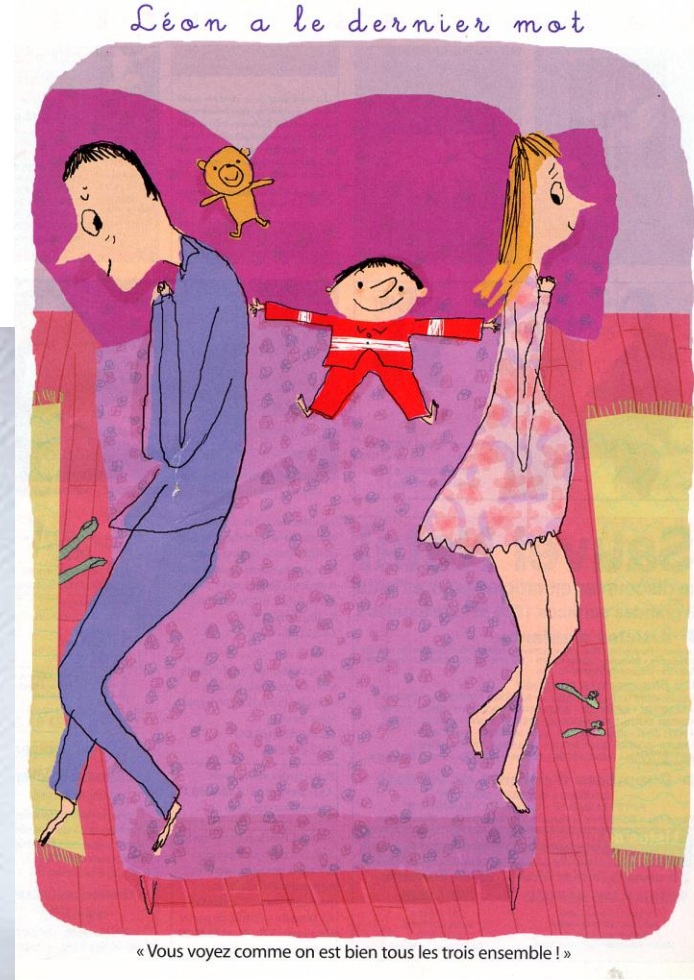




# At the maternity ward



# A big enough bed!





# A big enough bed!





# A big enough bed!



9:30 pm



10:00 pm



10:30 pm



11:00 pm



11:30 pm



12:00



1:00 am



1:30 am



1:30 am



2:00 am



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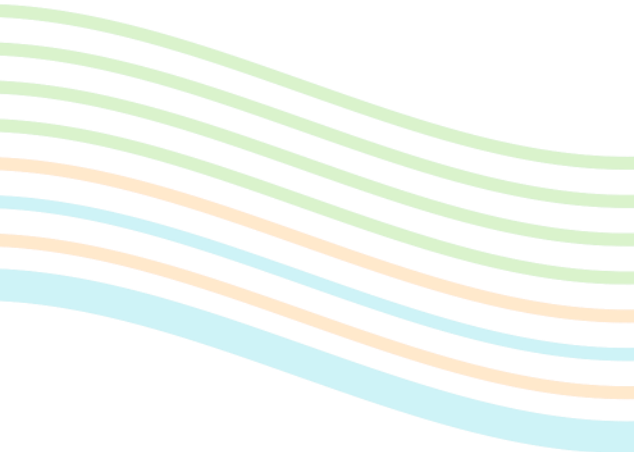


7:00 am





# Futon catalogs



アウトレット家具の  
TODAY O!K

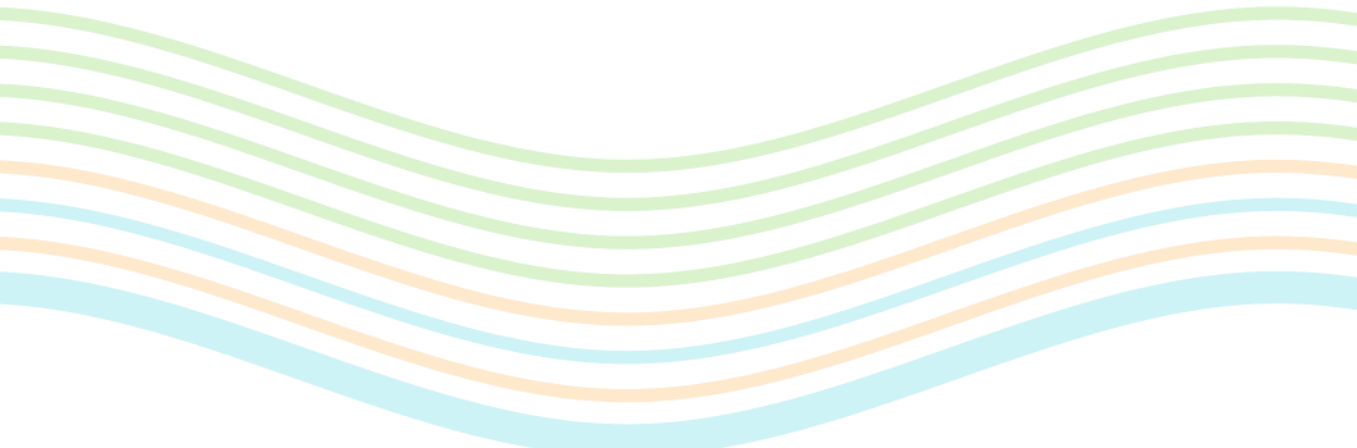
## あなたにピッタリ!なベッドはどのサイズ?

シングル	セミダブル	ダブル	ワイドダブル	キング (Sサイズ×2)
				
標準的なベッドの寸法 マットレス:幅100×丈195cm	標準的なベッドの寸法 マットレス:幅120×丈195cm	標準的なベッドの寸法 マットレス:幅140×丈195cm	標準的なベッドの寸法 マットレス:幅150~156×丈195cm	標準的なベッドの寸法 マットレス:幅200×丈195cm





# Futon Catalog



**吸汗速乾わた**

Fをかいてもさわやかな寝心地。洗いできて乾き速くクリーンに仕上がります。

ピンク  
ブルー  
グリーン  
ベージュ

●素材:表地=綿100%(防縮加工)、裏地=ポリエステル65%・綿5%、詰めもの=ポリエステル100%(中空系1穴50%入り、シングル=0.42kg、セミダブル=0.5kg、ダブル=0.6kg、クイーン=0.68kg、キング=0.9kg) ●裏4隅にズレ防止のゴムベルト付き ●日本製

洗濯機 ドライ

2863210 F-0

**6 綿平織吸汗敷きパッド (307)**

サイズ(m)	税込	(税抜)	色	申込
シングル (100X210)	<b>¥2,520</b>	(¥2,400)	ピンク	543
			ブルー	543
			グリーン	543
			ベージュ	543
セミダブル (180X210)	<b>¥2,990</b>	(¥2,848)	ブルー	543
			ベージュ	543
			ピンク	543
			ブルー	543
ダブル (140X210)	<b>¥3,570</b>	(¥3,400)	グリーン	543
			ベージュ	543
			クイーン	543
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クイーン (180X210)	<b>¥3,990</b>	(¥3,800)	ブルー	543
			ベージュ	543
キング (200X210)	<b>¥4,990</b>	(¥4,753)	ブルー	543
			ベージュ	543



# A co-sleeping cradle?





# The cradle next to the parental bed?

- Master of Mansel, Dormitory, Miniature from the Decameron by Giovanni Boccaccio (1313-1375), Paris, Bibliothèque nationale.





# In ancient Peru

*Mochica bottle (1-800 AD)*



A hammock?



Le hamac  
a été inventé  
par les Indiens  
d'Amérique du Sud.



# Conditions for safe bed-sharing

# Safe Sleep

Smart Steps To Safer Bedsharing  
Meet all seven and you can *sleep sweet*

**1 NO SMOKING**  
In the home or outside



**2 SOBER PARENTS**  
No Alcohol  
No Drowsy Meds



**3 NURSING MOTHER**  
Day & Night



**4 HEALTHY BABY**  
Full Term



**5 BABY ON BACK**



**6 NO SWEAT**  
No Swaddle



**7 SAFE SURFACE**



No super-soft mattress, no extra pillows, no toys, no heavy covers  
Clear of strings and cords  
Pack the cracks: use rolled towels or baby blankets  
Cover the baby, not the head

## A Rhyme for Sleep Time

Sing to "Row, Row, Row Your Boat"

No *smoke sober* mom  
Baby at your *breast*.  
*Healthy* baby on his *back*.  
Keep him *lightly* dressed.  
Not too *soft* a bed.  
Watch the *cords* and *gaps*.  
Keep the *covers* off his head  
For your nights and naps.

Sweet Sleep  
available at  
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CITY OF MILWAUKEE  
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DEPARTMENT

La Leche League International  
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Celebrating Connections

# Safe bed-sharing in UK

After conducting a survey of 8,500 parents where 76% of them said they had shared their bed with their newborn, the Lullaby Trust, a British organization that warns about sudden infant death and advised against co-sleeping (lullabytrust.org.uk), has now decided to inform parents of the rules allowing safe co-sleeping.



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/health/leading-charity-now-campaign-safe-2626505

ews > Health > In the News

## Lullaby Trust charity will now campaign for safe co-sleeping after years of warning against it

a reality that even if parents do not plan to co-sleep, many still fall asleep with their babies unintentionally"

By [Emma Grimshaw](#)  
00:01, 11 MAR 2019 | UPDATED 10:45, 11 MAR 2019

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## The « cuddle curl »

*Sweet sleep : Nighttime and Naptime  
Strategies for the Breastfeeding Family, by  
Diana West and Diane Wiessinger*



# Substitutes...



## *Le secret des bébés heureux*



# Consequences of the Cry It Out Method

- 25 babies aged 4 to 10 months were studied as they and their mothers "participated" in a five-day hospital "sleep training" program. The goal was for them to fall asleep unaided – except for the regular visit of a nurse. In an adjoining room, their mother could hear the crying without having the right to intervene.
- The levels of cortisol, the stress hormone, were analyzed in the saliva of babies and in that of their mothers, at the onset of sleep and after babies fall asleep.
- On day one, most babies cried for at least twenty minutes, and as expected, increased cortisol levels were seen in both infant and mother, both when falling asleep or when the baby fell asleep. Babies expressed their distress.



# Consequences of the Cry It Out Method

- But by the third day, the physiological responses of mothers and babies had become completely different. The babies no longer expressed their distress by crying, while their cortisol level remained high, which suggested that they were still stressed but had given up on showing it: they had become resigned.
- As for mothers, no longer being alerted by their baby's crying, their cortisol levels were greatly reduced.
- *Middlemiss W, Granger DA, Goldberg WA, Nathans L, Asynchrony of mother-infant hypothalamic-pituitary-adrenal axis activity following extinction of infant crying responses induced during the transition to sleep, Early Hum Dev 2012 ; 88(4) : 227-32.*



**And finally, some  
beautiful paintings by the  
Vietnamese painter  
Nguyen Thanh Binh**





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Thank you !