



# Sleep Training: What is it? Is it worth it?

*Any sleep resource, coach, or other sleep information you use with your baby should follow safe sleep guidelines.*

## Information to consider:

- The term "sleep training" is often used to mean any information that parents use to get the baby to sleep longer at night.
- Many sleep-training programs and methods can be found online, but not all follow safe sleep guidelines.
- Putting infants to sleep in a separate room for sleep training may be linked to an increased risk of SIDS.
- Sleep training babies younger than six months can result in:
  - poor nutrition as it may limit the number of times your baby may eat
  - separation from mother, which can impact the success of breastfeeding



**Babies spend more time in light sleep, which helps them wake when they need to and may protect them from SIDS.**



**ALSO IN THIS SERIES:**  
Baby Behavior  
Breastfeeding  
Room Sharing  
Sleep Surface  
Sleep Training

## Let's Talk – Sleep Training

Getting enough sleep is often hard. Planning and support can help.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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## Family and Caregiver Common Questions

### What can I do if I feel like I'm not getting enough sleep?

Extreme tiredness can be very hard to manage. If you are struggling with lack of sleep, it may help to reach out to others for support.

Get rest whenever you can. Ask family or friends to help watch your baby, even if for a short time.

### If our baby is in the room with us, won't we have trouble sleeping well?

Having your baby in your room but not in your bed is not only safer for your baby but can also help you get more sleep.

Additionally, you will be able to help your baby quickly if your baby sleeps in your room, which means you will spend less time at night comforting your baby and more time sleeping.

Babies don't sleep as deeply with others in the room, but that may be what keeps them safer. You will also get used to your baby's noises. For example, people who live near a train track may not notice the sounds from trains. People often adapt to common sounds around them.

### How can I get enough sleep when my baby is waking so often during the night?

Having a plan for support and understanding your baby's normal sleep cycles can help you avoid unsafe sleep practices in the middle of the night

- Let others help you. If family or friends offer to help after the birth of your baby - let them! It can be as simple as having them pick up groceries for you or bring you dinner, and it may make a big difference and give you time to nap.
- Sleep when your baby sleeps. In the early weeks, naps can make a big difference in helping you get enough sleep, so try to take a break when you can. Even a short rest may help.
- Keep your baby's crib in your room, close to your bed. This will help you get to your baby quickly when your baby needs you, allowing you to spend less time comforting the baby at night and get more sleep.



### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

Para más recursos, visita: [dshs.texas.gov/SueñoInfantilSeguro](https://dshs.texas.gov/SueñoInfantilSeguro)