

SLEEP

Babies and new parents

The early days of parenthood are often filled with sleepless nights and uncertain routines, but light can play a pivotal role in helping both babies and new parents get the rest they need. Understanding how light influences the sleep-wake cycle is essential for fostering better sleep for newborns, especially in those crucial first months.

By optimising the lighting environment, you can help set your baby's circadian rhythms, encouraging natural sleep patterns and supporting overall development. The right exposure to light during the day can help regulate sleep cycles, while a calm, dark environment in the evening can ease the transition to sleep.

It's not just about the baby, new parents need rest too. Research shows that parents who experience better sleep are more equipped to handle the challenges of early parenthood. By creating a lighting environment that supports relaxation and promotes sleep for both baby and parent, everyone can get the rest they need.

With the right balance of natural daylight exposure and a carefully controlled dark environment at night, families can establish healthy sleep routines that promote long-term well-being.

We offer webinars to new parents to help you improve your babies sleep. Delivered either live, or through a downloadable link to watch when you choose.

Get in touch now, we can help all the family sleep better and enjoy this exiting time with your baby to the fullest

Email lcalcott@itdoes.co.uk

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Sweet dreams for all the family