

# Community Education Service



*Improving emotional health and wellbeing*

## The Science of Newborn Sleep: Unlocking Gentle Sleep Foundations (0-4 Months)

Mary MacLeod, MSc, Community Health, Cumming School of Medicine, Director of Research Family Sleep Institute, Founder of De Somno, Member of – International Pediatric Sleep Association, Behavioural Sleep Medicine Association, International Association of Child Sleep Consultants

This presentation will review:

- **Understanding Newborn Sleep Patterns** – Newborn Sleep Cycles, the role of active vs. quiet sleep, and why short sleep stretches are normal.
- **Biological Sleep Foundations** – Gentle ways to support healthy sleep habits, and establishment of baby’s circadian rhythm.
- **Gentle Soothing and Sleep Strategies** – Responsive techniques, white noise, and cues to encourage sleep.
- **Common Sleep Challenges and Solutions** – Managing day/night confusion, short sleep, colic, and practical tips to improve sleep for baby and you.

**May 14, 2025**  
**6:30 pm - 7:30 pm**

Click here to register

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta**.