

MOM'S GUIDE

Motherhood in every stage

Why is
QUALITY SLEEP
important to
your baby?



How important is sleep for *babies?*

Babies need a lot of quality snooze time for a reason. Here's why we need to make sure they are getting enough sleep.

CHILD'S DEVELOPMENT



It is associated with the baby's overall physical and cognitive development such as memory, language, and executive function.

AFFECTS WEIGHT



Babies who don't get enough sleep are more likely to become overweight in later years. Children who lack sleep also have a tendency to be more sedentary, which results in obesity and diabetes.

GOOD HEART HEALTH



Sleep-deprived children can have a higher risk of developing cardiovascular problems in the later stages of their life.

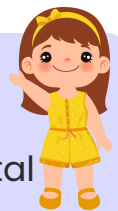
FIGHTS AGAINST DISEASES



Children (and adults) produce cytokines as they sleep, which the body uses to combat stress, illness, and infection.

Sleep helps strengthen the immune system and fight many diseases caused by viruses, bacteria, fungi and parasites.

IMPROVES FOCUS



It significantly improves their attention span, mental alertness, and ability to consolidate memory. This helps them learn and explore new things more effectively.

Sleep Deprivation in *babies*

Signs that your baby isn't getting enough sleep:

- Being irritable
- Being more "clingy"
- Being more active in the nighttime
- Feeding troubles
- Being hard to awaken
- Hand-to-face gestures: Pulling ears, rubbing eyes, etc.
- Poor recovery from negative emotions

Baby Sleep Checklist

- ✓ Create a soothing sleep environment.
- ✓ Swaddle them.
- ✓ Keep the bedroom cool.
- ✓ Keep nighttime diaper changes quick.
- ✓ Stick to a bedtime routine.
- ✓ Keep electronics outside of the bedroom.
- ✓ Use EMF shielding blankets.
- ✓ Be patient & consistent.

Negative effects of Sleep Deprivation in Babies

Weak Recovery from Negative Emotions

Babies become moodier and more impulsive when they're sleep-deprived just like adults.

When babies' sleep get interrupted, they show poor emotional reaction.



Causes developmental delays & Results in Cognitive Function Issues

Babies who don't get enough sleep may also experience developmental delays and have trouble with cognitive functions, such as memory and attention.



What affects your baby's sleep?

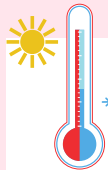
Here are some factors that may affect your baby's sleep:



Hunger



**Interrupted
Bedtime Routine**



Temperature



A Medical Condition



Electromagnetic Field (EMF) Exposure

The most commonly used technologies such as smartphones, wifi, and smart devices emit electromagnetic fields.

EMF causes a disturbance in our sleep hormone (melatonin). This disturbance impacts our sleep quality and quantity.

Melatonin is susceptible to even minimal EMF exposure. Constant and prolonged exposure to EMF affects the pineal gland, suppressing melatonin production in the body.

EMF can act as a chronic stressor stimulus, thus affecting the quality of our sleep and the body's response to stressors.

Babies and fetuses are the most vulnerable to the harmful effects of EMF radiation. Not only do they affect babies' sleep, but they also negatively impact their physical and cognitive development. They may also increase their risk of developing chronic diseases later.



SPECIAL Giveaway

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