

Newborn Sleep: Intro and First Chapter

The Doctors Bjorkman, YouTube

<https://youtu.be/W44ohGgaicw>

Listen and write the missing words. The number after each blank shows how many words go there.

Intro 0:00–0:50

Kurt Hi, everyone. We are the _____ (1) Bjorkman, a physician couple who has gone through pregnancy and _____ (3) with you week by week this past year. And now we've actually just had our baby a couple of weeks ago.

Sarah So every week, we try to bring you some high-quality, _____ (1) information from our expertise as physicians, as well as now our real-life experiences as we've gone through pregnancy and now first-time _____ (1).

Kurt And so this week, we're going to be diving into that incredibly precious yet somewhat _____ (2) called _____ (2).

Sarah Yes. And if you have a new baby, you know that sleep can be hard to come by.

Kurt And so our _____ (1) with this episode is to share some critical things to know _____ (5) that your baby's getting, and that you as new parents are getting, too.

Sarah If this is your first time meeting us, I'm Sarah, and I'm a board-certified OB-GYN and first-time mom.

Kurt And I'm Kurt, and I'm a board-certified pediatrician and first-time dad.

Both And we are the Doctors Bjorkman.

Newborn Sleep 1:26–3:20

Sarah As we mentioned, this episode is all about newborn sleep, and we are going to share the 10 things that really have helped us to optimize sleep for baby. So make sure you stick around to the end of this video so you see all the great tips we have, as well as some of the resources that were really helpful for us. But because we know time is so valuable to all of you new parents, and for us, too, as we're doing this episode with baby sleeping in the other room, um we're going to try to keep this episode as focused and to the point as possible.

Sarah Sleep is a necessary function of life and also takes up a large portion of the day for newborn babies. So this is why it is so important for caregivers to be able to help their babies get adequate and optimal sleep in those early days. It also means if baby is sleeping, then you have time to get some sleep or do some other things for you.

Kurt Absolutely. And as science is learning more and more about sleep, we're starting to realize just how important it is, and especially how sleep disturbances, particularly _____ (3), can play a major role in brain development, uh emotional well-being, and even overall growth.

Sarah Healthy and normal sleep in newborns depends largely on consistent routines, and managing those day and nighttime routines are essential in helping the babies learn to sleep.

Kurt _____ (1). So think about it this way: sleep itself is natural, but the process of organizing sleep into blocks of time _____ (2) day from night itself is not quite as natural, and it's _____ (3) process. And it takes a little time and isn't something that happens overnight, pun intended. Um so, but with that, there's going to be some variation from baby to baby, too. But there is some evidence that can help just about all of you to try to help make this process as smooth as possible and hopefully happen as quick as possible for you and your baby...

Part 1: Babies sleep a lot 3:28–4:06

Sarah So here we go with our top 10 sleep tips. And some we have certainly learned the hard way.

Sarah Number one: babies sleep a lot. Babies can sleep 18 or more hours per day in those first few weeks of life. Unfortunately, it's not always at the times that are most convenient for you.

Kurt Yeah, or in chunks of time that work _____ (3).

Kurt For our girl, she loved to be awake from 2 a.m. to 7 a.m. every night for the first two weeks of life. Um, and so this day-night confusion is actually super common in babies. If this is happening to you, you are definitely not alone. Um but hopefully some of the next _____ (3) will help your baby learn the difference between day and night a little bit sooner.