

Breastfeeding for Safe Sleep



Breastfeeding is recommended for babies until they are at least 12-months old. But did you know that breastfeeding has been linked to good sleep?

For baby:

- Breast milk contains prolactin, a hormone that helps babies and moms fall asleep.
- Prolactin also helps calm nerves and soothe the system for a more peaceful sleep.
- Breast milk is the easiest food for babies to digest, so they are less likely to get an upset tummy while trying to sleep.
- Breastfeeding has been shown to lower the risk of Sudden Infant Death Syndrome (SIDS).

For mom:

- Prolactin is released into mom's bloodstream after breastfeeding, so it will help mom fall asleep faster, as well.
- Breastfeeding increases oxytocin, a hormone that promotes calmness and lowers anxiety, which helps with falling asleep.
- Studies show deep sleep cycles often sync with baby, so mom naturally wakes up to feed.

Breastfeeding can often put mom and baby to sleep, so ensure your breastfeeding space is safe sleep ready.

Learn how to be safe sleep ready at hmhb-mt.org

Safe Sleep: Learn • Plan • Provide



Healthy Mothers,
Healthy Babies
The Montana Coalition

This project is funded in whole or in part under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.

