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Article Details for *Did You Know That Infants Can Only Handle about Two Hours of Wakefulness?*

Author	Teri Macy
Date	09/09/2010 2:35 PM 3:02 PM
Title	Did You Know That Infants Can Only Handle about Two Hours of Wakefulness?
Full Status	Approved by Kathy A. on 09/10/2010 07:53 AM
Tags	baby nap cap, naps, sleep, infants,baby,napping,baby shower,baby gifts
Blurb	For more information about Baby NapCap, please visit our website at www.babynapcap.com
Body	<p>It's true! Infants can only handle about two hours of wakefulness. Parents should watch baby for signals of tiredness and put the baby down to sleep as soon as possible when observed. A baby who is encouraged to stay awake when their little body is craving sleep is typically unhappy. Once baby becomes overtired, he will become over-stimulated and find it harder to fall asleep and stay asleep. This, by the way, is true even of toddlers. Crankiness, misbehaving and not having the ability to stay asleep equates to over tiredness in older babies.</p> <p>Bedtimes and naptimes don't necessarily match the clock for infants, but should match the baby's tiredness. Remind yourself how you feel when some days are busier and more physically draining than other days. The same is true for babies. Some days your baby will just get more tired than other days because he has been learning, seeing so much and growing so fast.</p> <p>Look for signals from your baby indicating he is tired. Put him down with the Baby Napcap at that moment before he gets overtired. It may mean that Napcap goes on in the middle of visiting a friend or halfway through a meal at a restaurant. That is when Napcap can come to the rescue and block out the light and distractions so babies can fall asleep in places other than their own cribs. Sometimes you are in an environment that is more challenging than the babies own bedroom and you need an aid to shut out all of the stimulation.</p> <p>Your baby will have his own special signal for you and it will say, I am ready to sleep. Here are a few of the usual signs you can look for: yawning, rubbing eyes, fussing, looking vacant/glazed, quieting down, lull in activity, disconnect from people and toys, head drooping and mouth making a sucking motion. You will learn your baby's sign if you look for it.</p> <p>A mother's keen observation of her baby will really help find and lead to a pleasant routine of naps and sleep. Try using Napcap consistently when you see the sleep signals. Napcap has a soft veil that can be raised and lowered over the eyes shutting out light and blocking out distractions from the baby's field of vision. This allows the baby to relax and allow him to let go of his exciting new surroundings. You will find that the repetitive use of Napcap will cue sleep and your baby will develop a learned response the more you use Napcap. Your baby can learn to relax and shut out the busy world around them and sleep. Don't leave home without your NapCap to help your baby get his important, rejuvenating rest!</p>
Image	 <p>Full size view</p>
Categories	<ul style="list-style-type: none"> ● General ● Kids ● Lifestyle & Fashion ● Product or Service Promotion ● Riverside Chronicle (RSS Feed)
Issues	<ul style="list-style-type: none"> ● Education ● Environment