## Sleep Patterns of the Newborn

Newborns sleep around 20 hours a day — fact or fiction? Listen to find out about sleep patterns of the newborn.

Naline Lai, MD and Julie Kardos, MD ©2009 Two Peds in a Pod®

https://www.twopedsinapod.org/wp-content/uploads/2014/09/Episode-2-Infant-Sleep-the-first-6-months.mp3