

# 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

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