

# MEDICAL CAUSES FOR BABY SLEEP PROBLEMS

There are several key indicators that a medical problem might be causing your baby's sleep problems. A baby who is uncomfortable or in pain will need a lot of help from you to fall asleep and will wake up a lot during the night.

## VOMITING

Small spit ups are normal, but if your baby vomits large amounts after most feeds then your baby may have reflux or an intolerance.

## DRY, ROUGH SKIN (ECZEMA)

Even mild eczema can be itchy and uncomfortable, and will interrupt sleep.

## POOR WEIGHT GAIN

If your baby isn't gaining weight as expected, then your baby may not be feeding enough. Your baby may wake up overnight because they feel hungry.

## STRANGE POO

Slimy, stringy, frothy, or mucousy poos, or poo that contains blood, indicates your baby has an irritated and potentially painful gut.

## SNORING COUGHING AND GASPING

Some babies have sleep apnoea, causing them to snore and periodically stop breathing during their sleep, only to gasp and cough awake again.

*If your baby has any of these symptoms please speak to your doctor.*

When medical causes of sleep difficulties are resolved, treatments for behavioural sleep problems can begin. Behavioural sleep problems include having difficulty falling asleep and waking frequently during the night. There are many gentle ways to improve behavioural sleep problems that respect your baby's unique needs and protect the powerful bond between you and your baby.



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