



Bayside Medical Group, Inc.

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NEWBORN RHYTHM

Getting the Rhythm Down in the First Few Months

Boy, are new babies irregular in their habits! They sleep when they feel like it, they eat when they feel like it, and they make no proper distinction between day and night

We have told new parents about this for years, of course, but now we can actually show you. Some researchers down on the peninsula, in a large red institution attached some sensors to babies for three consecutive days, and took continuous readings of various attributes, like heart rate, skin temperature, etc. Here are the results. You can see how babies at one month have no rhythm at all, but by three months they have established very regular habits.

We are showing you this so you will have faith. Yes, your baby might be driving you nuts now, but by three months, you can look forward to a real difference between night and day!

