

# **The Natural Newborn Sleep Schedule Gently Guiding Your Newborn into a Great Sleep Routine**

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Thank you for your interest in The Natural Newborn Sleep Schedule. After years of having this article posted on my website and many requests, I have finally created a video version. For more information visit <http://www.douladawn.com/shop/>

As a postpartum doula, I am hired to help families with the care of their newborn babies. I provide instruction, care and support, but one of the most valuable things I offer new parents is a method for gently guiding baby into a great sleep schedule. After working with more than sixty families, I have created a fantastic formula; I call it, “The Natural Newborn Sleep Schedule” – to bed at 7:00 p.m., eat at 10:00 p.m., and eat at 2:00 a.m. It is important to note that The Seven-Ten-Two Sleep Schedule should be started only after breastfeeding is well established.