Background
Sleep and rest is the most essential thing for all human beings irrespective of the age and gender. The National Sleep foundation recommends 7-8 hours of sleep per 24 hours for adults. (NSF SURVEY REPORT, 2007) Sleep deprivation is a challenging issue what every new mother faces once the baby is born.

Newborn sleep patterns take their toll on parents. In a study tracking the sleep patterns of mothers from pregnancy through the postpartum period, maternal sleep worsened after child birth and continued to deteriorate until about 12 weeks postpartum. (Nishihara et al, 2000)

New Mother should know the following:
• Importance of sleep for baby and mother.
• Short term and long term effects of sleep deprivation in mothers.
• Nature and characteristics of newborn sleep.
• Sleep patterns of the newborn.
• Tired signs of the newborn.
• Simple measures to promote and maintain newborn sleep pattern.

CONCLUSION
Organizing the immediate postnatal periods into proper schedules and understanding the newborn sleep patterns and certain strategies to cope up with the sleep wake cycle of newborn would help the mother have adequate rest while taking care of her baby.

REFERENCES
• Hawley E, Montgomery - Downs, Robyn Stremle et al "Postpartum Sleep in new mothers and fathers", The Open Sleep Journal, 2013 6,(87 - 97).
• Robyn Stremler, Ellen Hodnett, Kathryn Lee et all " A behavioural - Educational intervention to promote maternal and infant sleep", Sleep, Volume 29, No. 12, 2006.
• Pictures retrieved from Google Images. Author acknowledges the owners of the pictures.