

Basis is a FREE information source, offering the latest research on infant sleep in an accessible format for use by parents and practitioners

Free resources to download

Basis
Baby sleep info source

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The baby sleep info source

For parents who wish to make informed choices about infant sleep and night-time care.

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Welcome to Baby Sleep info

This website presents research evidence about **biological normal sleep for human babies.**

We discuss how infant sleep may vary due to cultural behaviours and expect what babies are fed, where they sleep, and how we interpret their needs. This is for:

a) parents who wish to make informed choices about infant sleep and night-time care
b) health professionals who wish to share evidence-based information with parents about infant sleep.

ISIS does not address clinical sleep problems or provide individual sleep advice. If you should contact a health professional with any concerns about their baby's health, please contact the organisations and funding that support ISIS please see [here](#).

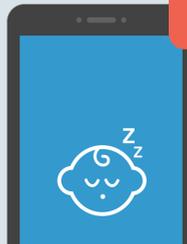
Find out about normal sleep development, sleep safety & SIDS, bed-sharing, twins sleep, and more...

HOW BABIES SLEEP	WHERE BABIES SLEEP	SLEEP & SAFETY	TWINS & SLEEP

Get The App

The *NEW 2017* Infant Sleep Info App provides key information from the ISIS website in a handy format for mobile devices. Covering normal sleep development, sleep location and sleep safety the familiar info from the website is delivered in smaller chunks. Two features are exclusive to the app

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Created by UK infant sleep researchers. Endorsed & used by trusted support organisations.



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