* **Dream feeds**

In my experience dream feeds are controversial and need to be carefully considered before incorporating them into a feeding schedule.

They differ from night feeds in that they are parent-led – the choice of the parent and not the baby.

Dream feeds are given between 10pm and midnight and involve feeding a sleeping baby as opposed to one that wakes naturally. They are supposed to lengthen a baby’s sleep cycle to give a tired parent a reprieve. However, there is no evidence to indicate that dream feeds guarantee parents’ extended sleep.

Research shows that dream feeds are thought to interfere with a baby’s most precious and deepest phase of sleep that occurs between 9pm and midnight.

Make sure you are well informed before making your own decision, as once in place dream feeds can be difficult and disruptive to eliminate from your baby’s routine. If you do decide to include them, ideally aim to drop them by the age of six months.

**Neuroscientists believe that deliberately feeding a sleeping baby meddles with digestion, growth and development and can disrupt long-term sleeping patterns.**