

THE PERFECT SLEEP ENVIRONMENT

PART OF TEACHING OUR CHILDREN INDEPENDENT SLEEP SKILL IS SETTING THE STAGE FOR YOUR CHILD TO FIND SUCCESS. WHEN WE SET THE STAGE FOR SUCCESSFUL SLEEP WE FOCUS ON ROUTINES, TIMING AND ENVIRONMENT. HERE IS YOUR GUIDE TO YOUR PERFECT SLEEP ENVIRONMENT:

COOL

- Ideal sleep environment temperature is slightly cooler, cuing the body it is time for sleep.
- Temperature ranges between 68-72 degrees
- Dress baby in no more than 1 extra layer of clothing than YOU would wear to bed.
- Fans can be used to help circulate air flow but avoid pointing the fan directly at your child.



CALM

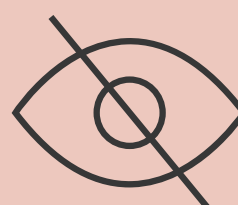
I know we all obsess about our child's perfect nursery (#nesting), but ultimately a calm environment is best. No need for wall art or light projections that might be too stimulating for sleep.

The crib is for sleep and sleep alone, so again, no need to overload it with stuffed animals or toys that are distracting (one lovie or blanket is acceptable at 12+ months).



DARK

- 10 out of 10 dark.
- Can't see your hand in front of your face dark.
- Use a warm yellow/red night light to see if needed for night feeds.
- Otherwise, I want you worried you are going to run into a wall it is THAT DARK.
- It doesn't have to be pretty, it just has to work.



SAFE

- Review Safe Sleep Guidelines provided by the American Academy of Pediatrics.
- No mobiles or hanging decorations that might be a safety risk.
- Crib use is recommended until age 2.5/3 years old, with proper height of mattress per your child's height and development.
- Review safety standards for sleep in your car seat and your stroller as they vary per device.



SOUND

- White noise is encouraged to drown out external and sudden noises that may cause your child to wake.
- Use white noise the entire sleep through for consistency.
- Place ambient noise on the opposite side of the room as your child and turn it up loud enough to cancel out environmental noises.

