



## Recommended sleep environment

Creating a proper and restful sleep environment is important to help your child settle to sleep and most importantly stay asleep. Using the right tools will help to promote good quality sleep as well. Here are some tips and tools that will help optimize sleep:

### ★ DARK

Darkness is essential to sleep. When your child's sleep environment is very dark, melatonin is produced. This is the sleep-inducing hormone that sends a signal to the brain that it is time for rest. The signal then helps prepare your baby's body for sleep and helps them fall asleep more easily and stay asleep.

Room should be **very, very dark** at all times, especially during naps. On a scale of 1-10 with 10 being the darkest possible (pitch dark), the room your child sleeps/naps in should be at least a 9 out of 10. You can purchase blackout blinds, or even blackout curtains. I personally used these ones that you can purchase via Amazon with my youngest baby. Worked like charm!

### ★ WHITE NOISE

White noise can be useful to muffle out external noise and it helps to increase the quality of sleep and avoid overstimulation. It is a great sound conditioner to run all night and is recommended by the National Sleep Foundation. Make sure you run the machine continuously during the night, keep the machine furthest away in the room (across from the crib/bed), and on a low setting from where your child is sleeping. My favorite, the DOHM white noise machine. They have two options available via Amazon

- [Marpac Dohm-DS All-Natural Sound Machine, White](#)
- [Marpac Dohm Basic White Noise Sound Machine](#)

### ★ TEMPERATURE

Many experts recommend that the temperature in the room where a child sleeps be kept between 68-72° F. The right temperature is very important for your baby. Most experts recommend that the temperature in the room where a baby sleeps be kept between 68-72° F. A cooler room helps with better quality sleep and helps your baby's body fall asleep more comfortably. This will lead to your baby falling asleep more easily and faster.

### ★ COZY

Having cozy crib sheets that are smooth, soft, and comforting can help your child self-soothe and go to sleep more easily. These velour sheets are very cozy and have no extra unsafe padding. They are thin and come in a variety of colors to match your nursery.

Being snug in a swaddle can resemble the environment in the womb. That is why newborns sleep much better swaddled. They also have a very strong startle reflex, so the swaddle keeps their arms and legs from flailing. Using a proper fitting swaddle is very important as you want to keep safety in mind. The [Love To Dream Swaddle UP Original](#) is a favorite of mine as it allows your baby to sleep in a more natural position with arms up. When swaddling with arms up, your baby's natural sleep position allows your baby to access their hands for self-soothing.

### ★ KEEP IT CALM/QUIET

It is very important to respect your child's sleep times. Keep your house calm 30 minutes before naps, no electronics, and limit the noise when your baby is sleeping.

As bedtime approaches, quiet down the entire house, dim the lights, and close your curtains to get your child ready for sleep. Make sure electronics are turned off at least 60 minutes prior to bedtime to make the environment less stimulating.

### ★ REMOVE ANY DISTRACTIONS

Remove any distractions, such as mobiles hanging over the crib or music playing. You don't want anything stimulating or entertaining your child.

### ★ NO NIGHTLIGHTS

I don't recommend any nightlights unless absolutely necessary. If you need to use one, it needs to be very dim (low wattage), out of sight, and make sure it's a small warm (amber, yellow) light. No blue, green, or white based light, which will interfere with melatonin production. [Try something like this one.](#) I purchased and use [this one with my youngest son which is dimmable.](#)

### ★ CONSISTENCY

Naps should be taken in the same place as nighttime sleep. This will help your child associate his/her sleeping space with going to sleep. Sometimes you have doctor appointments, or you have to drive an older child to an activity. When this happens, it's ok. Life happens. My general rule of thumb is to shoot for at least 80% of your naps in your little one's designated sleeping space whether that be a crib, bassinet or pack and play

# Product "must haves' for a Sleep Inducing Environment

## Curtains and Bed Sheets

- Blackout Curtains
- Velour Sheets

## Swaddle / Wearable Blanket

- Love To Dream Swaddle UP Original
- Love To Dream Swaddle UP 50/50

## DOHM Sound Machine

- Marpac Dohm-DS All-Natural Sound Machine, White
- Marpac Dohm Basic White Noise Sound Machine

## Nightlight options

- Outlet nightlight (small)
- Dimmable light to sit on dresser / changing table

## Questions?

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