



DAY & NIGHT

Sleep Consulting

The 7 Best Sleep Tips

When it comes to naps and bedtime, going to bed, falling asleep and STAYING asleep, can be tricky sometimes. Here are some simple tricks to use that will help you through.

1. Have a bedtime routine, 30-45 mins max. Take 2-3 pieces from your bedtime routine and implement them at nap time. We don't produce melatonin during the day so it can be harder to fall asleep. If your child has a few pieces of their nighttime routine to follow, it will help them determine it time for sleep.
2. Dark room. Use black out curtains and try to remove as much if not all light during the day and especially at nighttime. You don't want any light at nighttime to hinder the production of melatonin. Making sure the daytime replicates bedtime, helps settle in for a good sleep.
3. Cool room. You want the room to be slightly cooler than other rooms in the house (68-72 degrees Fahrenheit). This helps keep child comfortable and reduces the risk of SIDS in babies.
4. White noise. Using a sound machine for white noise or music will help eliminate any environmental sounds from waking your child. Babies especially, are very adapted to the loud noise they hear while in the womb that recreating that sound on earth side is actually very helpful.
5. Red light. Now darkness is best for everyone, but as babies turn to toddlers, they may become afraid of the dark. It is best to use a night light that illuminate the room with red light. Red light is the only known light that does not interfere the production of melatonin.
6. Wake windows. For young babies, watching wake windows (the amount of time baby is awake between naps and bedtime) will be your ultimate key to success with sleep.
7. Feedings. Make sure baby is awake and alert for all feedings. This will encourage them to have full/long feedings and be less likely to wake from hunger.

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