

3MonthsToSleep.com



Top Six Sleep Tips

Below Are The Top 6 Sleep Tips We Have Used Successfully For Years

1) Establish A Sleep Routine

Babies like predictability. Help your baby ease into sleep by establishing an easy sleep routine that both you and your baby can follow.

2) Early Bedtime

An ideal bedtime for your baby would be anywhere between 6:30 - 8pm. When you choose your baby's bedtime it is important to stick as close to that time every night. Some parents are tempted to put the babies down later so they can sleep longer. That is usually not a good idea, because an overtired, irritable baby will not go down easily and may not sleep as long or as well.

3) Dark Room

It is a known fact that light can impede sleep. The darker your baby's room the easier it may be for him to go to bed. Choose black out shades and ensure that no light is coming through at the sides or top or your shades. This is particularly important at nights

4) Control Temperature

A baby who is too cold will not sleep properly, because they're lacking the comfort that warmth provides. Similarly a baby who is too hot, not only will not sleep properly but is at a risk for Sudden Infant Death Syndrome. What your baby wears to bed helps impacts their temperature, think about the number of layers and types of fabric. Place a thermometer in your baby's room if you don't have a digital thermostat. Some thermometers will blink or light up red when the room is too hot.

5) Sleep Associations

First, anything your child associates with play should not simultaneously be associated with sleep. Sleep associations particularly objects such as the pacifier should not become a crutch. Other sleep associations such as rocking to sleep, feeding to sleep, etc can easily become problematic. Babies are best put to bed drowsy, but awake and with a little assistance **when necessary**.

6) Noise

Babies are exposed to lots of noise during their time in the womb and therefore sometimes a very quiet sleep environment does not work for them. Using a white noise machine can help, be mindful of the volume and duration of use.

A note on Commitment and Consistency

All the sleep tips in the world won't work without commitment and consistency. **[This is the time to get professional help if you need to.](#)**

When you have decided that you want your baby on a path to better sleep or sleeping through the night, be prepared to put social engagements and activities on hold.

Be consistent with the routine you have or a trying to establish. Consistency is key.

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