

# Sleep Environment Checklist

## White Noise

Use a sound machine, white noise app or fan as a sound shield to block out disruptive sounds like the doorbell, floor creak or dog bark.

## Darkness

Hang blackout curtains or blinds to block stimulating sunlight during naps, bedtime, and early mornings.

## Temperature

Body temperature rises as we sleep. Keep a cooler bedroom temperature of 68-72°F to prevent overheating.

## Stimulation

Remove stimulating toys, mobiles, and motion light shows from the crib to encourage calm slumber.

## Safety

In the crib, a fitted sheet should be used on a firm, flat mattress. Remove soft bedding, crib bumpers, blankets, pillows, and soft toys from the sleep space.

