

# *Sleep Environment Checklist*

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Creating the perfect environment can be helpful to your child's sleep. Not only can the perfect environment help your child's sleep, but ensuring you are following proper safety steps will also keep your precious little one safe all night long.

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# *Safe Sleep Checklist*

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*This checklist is appropriate for ages  
0-12 months*

- Baby should be completely alone in a regulated bassinet or crib.
- Baby should always be put into crib/bassinet on their back to start sleep. Once baby can roll on their own it is okay for them to stay that way.
- Sleep surface should be flat, and not inclined.
- Crib/bassinet should not be within reaching distance to cords/plugs.
- Crib mattress should be at appropriate level for your child's age.
- No blankets, pillows, or stuffed toys in child's bed.
- Swaddling arms in should be stopped at the very sign of rolling or 3/4 months.
- Crib mattress should be purchased new, and designed to fit your particular crib to avoid gaps.

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*This checklist is appropriate for ages 0-12 months*

- Baby's room should be VERY dark. This means level 10 darkness. You shouldn't be able to see anything.
- True white noise should be used. No lullabies, ocean sounds, heartbeat, etc.
- No timer on your white noise machine. Noise should play consistently for all of nap and nighttime sleep.
- Appropriate temperature (19-22 °C)
- Crib mattress should be at appropriate level for your child's age.
- White noise should not be directly beside your baby. On the opposite side of the room at 50-60 decibels.
- Video or audio monitor should be used. If sleep training, a video monitor is recommended.

## **DISCLAIMER:**

Always follow the advice of your Doctor or trusted Medical Professional.

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