

# THE SLEEP BIBLE

SHAPING HEALTHY SLEEP HABITS  
FROM THE BEGINNING

**FOR EXPECTANT PARENTS  
AND PARENTS OF 0 - 3 MONTH OLDS**

**SLEEP SCIENCE  
GURU**

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This does not constitute medical advice. Certain medical conditions disrupt sleep and must be resolved first. Please talk to your GP/ paediatrician to get medical clearance before implementing strategies from this booklet.

It is your responsibility to ensure the safety of your child's sleeping arrangements. SSG follows the recommendations of the Red Nose 'Safe Sleeping Practices'.

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# Sleep Science Guru

SHAPING HEALTHY SLEEP HABITS  
FROM THE BEGINNING

Congratulations on this exciting time! We consider it an honour that you have trusted us to guide you on this journey. Well done for taking this step towards creating healthy sleep habits for your little one!

Our aim is to empower you to understand newborn sleep patterns and lay the foundations for healthy sleep habits. In this guide, we take both the physical and psychological needs of babies, as well as the incredibly complex biological facets of sleep science into consideration.

Our website, [www.sleepscienceguru.com](http://www.sleepscienceguru.com), Facebook, and Instagram pages are wonderful resources for you. You can also seek support from our Sleep Consultants and like-minded parents in our Facebook group 'The Sleep Science Village', throughout your sleep journey.

If you have a baby who is under 4 weeks, please know that everything in this guide is just practice for the first four weeks. Here are your only 'requirements' the first month:

- Adjust to life with a newborn.
- Establish breastfeeding or bottle feeding.
- Bond with your baby.
- Make time for yourself each day.

If your baby is 4 weeks old begin implementing everything now. If your baby is older than 4 weeks you are not behind, it's perfectly fine to start as soon as you are ready. Have patience, it may take a week or so of implementing these strategies and tips before you see results.

I would really appreciate it if you do not pass this guide on. This is my passion. Your referral is my biggest compliment and I appreciate you sharing my business and not the content.

You can also receive personalised support for your sleep journey. We offer a range of packages such as home, phone and email consultations. This is the best way to address your unique situation and get you back on track towards shaping healthy sleep habits.

Visit our website [www.sleepscienceguru.com](http://www.sleepscienceguru.com) or contacting us on +61 410 295 827 to schedule a consultation.

Always follow the Australian Safe Sleep Guidelines and the advice of your Paediatrician/GP. This sleep guide is not medical advice. We would love to follow your sleep journey. Please tag us on social media in any of your success stories or feel free to send us photos of your bub to share!

Good luck with shaping healthy sleep habits for your little one.



*Safety First*

# Safe Sleep

Some sleep practices are unsafe for babies and can increase their risk of Sudden Infant Death Syndrome (SIDS). Here are six ways you can reduce the risk of SIDS and practice safe sleeping:

## Tip 1

Safe cot positioning for your baby.

- Put your baby down on their back, not on their tummy or side.
  - If your baby is beginning to attempt to roll over by themselves (around 4-6 months of age), you can put your baby down on their back but let them roll over and find their own sleep position. Make sure your baby is unswaddled as soon as they start attempting to roll.
- Position your baby with their feet at the bottom of the cot so that there is no chance of them slipping below their bedding or covers.
- Keep your baby's head and face uncovered.
- If your baby has a health condition, please follow the advice of your healthcare professional (e.g. your GP or Paediatrician).

## Tip 2

Create a safe sleep environment for day & night.

- Cot/Bassinet Safety Guidelines & Standards:
  - AS/NZS 2172 (cots).
  - AS/NZS 2195 (portable cots).
  - Check the label or go to [www.productsafety.gov.au](http://www.productsafety.gov.au) for more information.
  - If you are using an old/second-hand cot please make sure it still meets the listed safety standards and that all the parts are in good condition to ensure it is safe for your baby.
- Mattress Safety Guidelines & Standards:
  - AS/NZS 8811.1:2013.
  - Always check the mattress size recommendation on the label of the cot.
- Mattresses should be:
  - FIRM: Soft mattresses can increase the risk of SIDS (if your baby rolls over onto their tummy)
  - FLAT: For babies under 12 months of age, elevating the head of the cot does not improve reflux. Rather, elevating the head of a cot can increase the risk of SIDS
  - FITTED to the cot: The mattress should fit the cot without any large gaps around the edges. Large gaps can trap your baby's head and increase the risk of suffocation. Do not place an extra mattress in the cot, (e.g. if you have a portable cot, only use the mattress that comes with it. The mattress may look thin or uncomfortable to you, however it was designed with your baby's safety and comfort in mind.

# Safe Sleep

- Safe bedding and covers.
  - Use a baby sleeping bag (with fitted neck and arm holes). Using an appropriate sleeping bag means you shouldn't need sheets or blankets.
  - If you do use bed covers make sure they are lightweight and only come up to your baby's chest.
- Swaddle & clothing safety guidelines and standards.
  - Swaddling your baby can help them to settle and stay asleep on their back. Your baby's swaddle should be firm whilst still loose enough to give your baby's chest and hips room to expand.
  - If you swaddle your baby, consider their stage of development. If your baby is beginning to attempt to roll over (around 4-6 months of age), it is no longer safe to swaddle.
  - When the startle reflex disappears (around 3 months of age), swaddle with both of baby's arms out.
  - Discontinue the use of a swaddle when it becomes unsafe for your baby, (e.g. when your baby is able to roll from their back, to their tummy, and to their back again; the swaddle may prevent your baby from rolling onto their back again).
  - Do not swaddle your baby if they are unwell.
    - › Make sure your baby is dressed appropriately for bed. Use what you would wear for bed as a guide. Do not let your baby get too hot or too cold (overheating is a risk factor for SIDS). Dress your baby on the warmer side and keep your baby's room temperature on the cooler side (18-22 °C).
    - › Keep your baby's head and face uncovered (e.g. no beanies) as babies control their temperature mainly through their face. Do not worry if your baby's hands and feet are cool, this is normal.
- Keep the environment smoke-free (both before and after your baby is born).
  - Smoking is harmful for babies and can increase their risk of SIDS even if you smoke away from your baby (e.g. outside).
  - If you want to quit smoking and need some assistance, ask for help!
    - › Call the Quit Line on 137 848.
    - › Visit your healthcare professional (e.g. your GP).
- Never leave your baby to sleep unsupervised in a pram or stroller.

# Safe Sleep

Keep your baby's cot, bassinet or sleep space as clear and risk free as possible. These objects can cause your baby to overheat or suffocate:

Wheat pack or hot-water bottles

Pillows

Cushions

Cot bumpers

Mattress padding

Soft toys

Sheepskin rugs

Wool underlays

Doona's

Loose bedding

Sleep positioning aids

Electric blanket

It is also important to consider the environment surrounding your baby's cot. Keep your baby's cot or bassinet away from:

- Hanging cords, (e.g. blinds, curtains, or decorative mobiles).
- Heaters or electrical appliances.

## Tip 3

Share a room with your baby for the first 6 - 12 months.

- This is not to be confused with co-sleeping which we advise against according to Safety Sleep Guidelines.



# Safe Sleep

## ROOM SHARING

You share a room with your baby but they sleep in a cot next to your bed. The recommended age for room sharing is 6-12 months of age.

Benefits of room-sharing:

- You are able to be responsive to your baby's needs quickly.
- It allows a more convenient way to settle and comfort your baby (compared to if they were to sleep in another room).
- It provides an opportunity to bond with your baby.
- You are able to maintain breastfeeding.
- It lowers the risk of SIDS when compared to co-sleeping.

For smokers, room-sharing is still recommended. However, keep the room smoke-free and make sure you and your baby are not co-sleeping.



## CO-SLEEPING

You and your baby share the same sleep surface, (e.g. bed). This is not recommended for babies at any age as it increases the risk of SIDS.

Co-sleeping is especially harmful if your baby is:

- Under 4 months of age.
- Premature (born before 37 weeks).
- Small (less than 2.5kg at birth).
- Shares the same sleep surface with someone who is very tired, a smoker, someone who is under the influence of alcohol or has taken a sedative.

We strongly advise against co-sleeping however parents with different cultural backgrounds may choose to co-sleep with their baby. There are some guidelines you should follow to ensure that you have safe sleeping practices in place for your baby.

# Safe Sleep

## IF YOU CO-SLEEP WITH YOUR BABY

### Position of your baby

- Place your baby on their back and next to one person, not in between two people. This is to make sure that they do not overheat, be rolled onto, or slip under pillows, bedding, or covers.
- Make sure your baby is not too close to the edge of the sleep surface. This is to make sure that they don't roll off the bed. Do not place pillows next to your baby when looking to prevent them from rolling off - this may cause them to suffocate or overheat.

### Sleep environment

- The mattress:
  - Make sure the mattress is firm and flat.
  - A safer option is to place the mattress on the floor; however, make sure it is away from the wall and other furniture. This is to prevent your baby from falling into gaps.
- Bedding/covers:
  - Keep adult bedding or covers away from your baby.
  - Use a baby sleeping bag (with a fitted neck and arm holes) so that your baby can lie outside the adult bedding or covers.
  - Use a lightweight blanket (not a doona) that does not cover your baby's face.
- Swaddling:
  - Do not swaddle your baby to prevent them from overheating.
- Anything else:
  - Keep pillows or any other soft objects away from your baby.
  - Make sure there is nothing soft underneath your baby.
  - Refer to safe sleep Tip 2 (page 7) for objects to avoid having in your baby's sleep space.
  - Babies should never share the same sleep surface as other children or pets.
  - Never sleep with your baby in a waterbed, beanbag, couch, sofa, or chair.

To make sure your baby is sleeping safely, follow this advice whenever your baby sleeps (nights and days) and wherever your baby sleeps (at your home and other people's homes).

### Where to get help:

- Call Healthdirect Australia on 1800 022 222
- Visit your healthcare professional (e.g. your GP)

### Sleep Science Guru

- 8:00am – 5:00pm 7 days a week
- Phone: +61 410 295 827
- Website: [www.sleepscienceguru.com](http://www.sleepscienceguru.com)

Let's Talk  
Sleep

# Healthy Sleep

Sleep deprivation is often the hot topic of any Mother's Group, and little to no sleep is widely accepted as part of having a baby and the parenting package.

Sleep deprivation does not have to be part of your parenting journey.

I'm going to say that again:

**Sleep deprivation DOES NOT have to be part of your parenting journey.**

No one tells you that sleep is an acquired skill and it can often come a bit less naturally to some babies than others. Healthy sleep habits can be taught, and learned, relatively quickly from the beginning.

Sleep is one of your child's most important jobs. It's crucial for their good health, learning, memory, and emotional development. It is also crucial for your physical and mental wellbeing and your family's.

I am here to guide you on how to create healthy sleep habits for your little one now or when he or she arrives. I am here to walk you through the science and what we know about sleep to teach you the skills to help your baby sleep longer stretches at night and achieve long-desired naps.



# Nap & Sleep Chart

AGE	NO. OF NAPS	NIGHT SLEEP	NAP LENGTH	TOTAL HOURS
Newborn	3 - 6	8 - 9 hrs	5 mins - 3 hrs	16 - 18 hrs
1 month	3 - 5	9 - 10 hrs	20 mins - 3 hrs	14 - 16 hrs
2 months	3 - 4	9 - 10 hrs	45 mins - 3 hrs	14 - 16 hrs
3 months	2 - 4	10 hrs	45 mins - 2.5 hrs	14 - 15 hrs

## Baby Awake Time

THIS IS THE PERIOD OF TIME BETWEEN NAPS, INCLUDING FEEDS

AGE	AWAKE TIME
Newborn	1.5 - 2 hrs
1 month	2 - 2.5 hrs
2 months	2.5 - 3 hrs
3 months	3 - 4 hrs



*Parenting  
Values*

# Parenting Values

There are so many different ways to parent and we encourage you to find an approach that works for your family.

With so much conflicting information out there and so many opinions, it is important to be aware of your personal values. These are the things that we deeply care about, the things that give our lives meaning. It is important to understand that our values can't be right or wrong, they simply matter to us. When we put our values at the center of our lives and use them to guide our day-to-day decisions, our lives become meaningful, fulfilling, and enriching.



“YOUR PARENTING VALUES WILL BE YOUR GUIDING STARS THROUGHOUT YOUR PARENTING ADVENTURE.”

These values include the key aspects of parenting that matter to you the most, the qualities you want to demonstrate as a parent, and the ways in which parenting brings you joy and fulfillment.

Before you begin to explore your values, it is important to understand some additional concepts about values:

- Our values underpin the goals that we have, but they aren't goals; they are bigger than that. A goal can be achieved. For example, a mum might have the goal of reading her baby a story tonight, and once she has read the story, that goal is achieved. However, the parent's goal may be underpinned by the value of encouraging language development. This aim is a value because it can never be fully reached: there's always more encouragement to do!
- Values come from the heart. Following our values means doing what is important to us, irrespective of whether other people approve or not. Although doing so will not always be easy, it will often give us a sense of satisfaction or a 'just right' feeling of having done what matters to us.
- Our values, just like a guiding star, can guide us through stormy seas.

In spite of how important values are, we often don't spend much time explicitly thinking about them. You may even find that, right now, you aren't entirely certain what your values will be when you become a parent or what they are if you are already a parent.

Examples of common parenting values may be:

- Being a kind mother or father.
- Being there for my baby.
- Being respectful to my baby.
- Being affectionate to my baby.
- Supporting my baby's physical health.
- Being caring and responsive to my baby's needs.

Remember, values are like eye colour or the shape of your hand: they are unique to you, and there is no right or wrong.

# Understanding Sleep Science

# Understanding Sleep Science

Understanding the science and facts behind baby sleep is the key to creating healthy sleep habits and an environment conducive to good sleep. Knowledge is power and we want to arm you with the power to stay on top of your baby's sleep needs during this exciting and exhausting time!

## THE FIRST FEW WEEKS

During the first few weeks, your baby will be exhausted from birth. There is an element of newborn sleepiness that lasts anywhere from 2 days to 2 weeks. Newborn babies under 4 weeks will need to cluster feed a lot if the mother is breastfeeding. This helps bring in the milk supply. It is important to be guided by your baby's cues.

Try not to let your baby get overtired as this will make it harder for them to settle and fall asleep. You can still start to lay the foundations of healthy sleep habits and implement helpful sleep practices with your baby during the first few weeks. However, your main goals are:

- Adjust to life with a newborn.
- Establish breastfeeding (if you decide to breastfeed).
- Bond with your baby.
- Make some time for yourself each day.

# Understanding Sleep Science

## THE CIRCADIAN RHYTHM (INTERNAL CLOCK)

As much as we may like to think that we are fully and consciously in control of our sleep, it is actually not the case. In fact, sleep can be more difficult to achieve when we try to have that control. We must understand this concept because as adults, we have a tendency to think more about sleep and put more effort into falling asleep, when we start having these difficulties. Despite having the best intentions, this can actually be counterproductive to achieving good sleep. As parents, it is common to also try gaining this control over your little one's sleep and working extra hard to do so, when sleeping difficulties of their own start to arise. Just as it has a negative impact on our own sleep, this approach to baby's sleep may lead to even more stress for parents.

### AN EXPERIMENT

To demonstrate how sleep is not under our conscious control, we are going to do a little experiment. First, I'm going to ask you to raise your hands. Then, to clap them. Now, I'd like you to stomp your feet. How difficult was it? I imagine it was rather simple... What if right now, I asked you to go to sleep. Could you do it? As nice as it would be, unfortunately, I'm sure it was extremely difficult. This is because we can consciously control the movement of our arms and legs, but not the act of going to sleep. Sure, you can consciously and actively put things in place to improve the quality of your sleep, such as eating well or limiting exposure to blue light before bed, but choosing to go to sleep on the spot is not possible.

Now for the next phase of the experiment. Just as you moved your arms and legs before, imagine that you are to do this again but it is demanded of you, at gunpoint, rather than asked. In this circumstance, there would be consequences if you do not do these things. Lets try it again whilst imagining this. "Raise your hands"; "clap them"; "stomp your feet". Could you still do these things now? I'm sure you could. Now, imagine your life depended on going to sleep and you were demanded to do so. Do you think you could do it, given that you couldn't when asked before? This would probably be impossible to do, but not only because we can't consciously control our sleep. Another thing to understand is that sleep cannot be forced. When we feel anxious and stressed, we tend to care more about falling asleep immediately. As a result, we try even harder to fall asleep, but this added pressure leads us to have more difficulty doing so. So, the same way that sleep is not under your own or your baby's conscious control, sleep cannot be forced for both parents and babies.

# Understanding Sleep Science

You may then be asking, if not ourselves, what controls sleep? The answer is that two biological mechanisms - the sleep-wake homeostat and the circadian clock, regulate sleep. This is the case for adults, children, and babies. The sleep-wake homeostat is driven by a build-up of sleep-inducing hormones, creating our need to sleep.

The sleep-wake homeostat:

- Creates 'felt sleep pressure', which is known as the rising inner pressure of sleepiness.
- When we are awake for a longer period of time, our need for sleep increases and falling asleep becomes easier
- This means that if we are awake for a long enough time, we will naturally fall asleep at some stage.
- This is the case even if we are trying to push through and stay awake when feeling sleepy

The circadian clock:

- Also known as our 'biological clock' or 'internal body clock'
- In order to align with the right time, it requires environmental cues (e.g. sunlight, activity)
- In the first few days and weeks of newborn life, we want to be 'syncing' our baby's circadian clock to real-time as they cannot yet tell the difference between day and night
- Having a circadian clock means two things:
- In 24 hours, we have a natural flow of falling asleep and staying awake to feel alert.
- Falling asleep is easier at night.

Although they are two different mechanisms that control our sleep, we can start to experience problems if the sleep-awake homeostat and the circadian clock are not in sync, both with each other and with real-time. While you do not have conscious control over your own and your baby's sleep, having an understanding of the two mechanisms that do this will help you to live in a way that encourages healthy sleep patterns for you and your little one.

# Understanding Sleep Science

## MELATONIN & CORTISOL

Along with the sleep-wake homeostat and the internal body clock, there are two additional biological factors that impact sleep. These are the hormones melatonin and cortisol.

### MELATONIN

- Known as the 'sleepy' hormone.
- Produced by the pineal gland in the brain.
- Starts to produce more at 3 months of age.
- Found in hindmilk - the calorie-rich milk at the end of a feeding (for mothers who are breastfeeding).
- Encourages the process of falling asleep.

What you can do to help the production of melatonin:

- Dim the lights in the room 30 minutes before bedtime and do the bedtime routine here.
- Expose your little one to red light (e.g. during night time feeds) as it promotes the production of melatonin. You can do this by putting a red globe in your lamp.
- Ensure that there is no light in the room (apart from the red light) so that your little one will sleep for longer (especially in the early morning) and he/she won't be tricked into thinking that it is time to wake up and play. The best way to achieve a dark room is by using blackout shades or covering the windows with Aluminium Foil.

### CORTISOL

- Known as the 'stress' hormone.
- Released when a baby is overtired.
  - When babies are overtired, they are so exhausted that they start having a meltdown.
  - Their day naps are short, they are constantly fussing, and seem agitated.
- Makes falling asleep and staying asleep much harder.

In general, stress and anxiety has a major impact on both adult and baby sleep, raising the levels of arousal of our sympathetic nervous system (what prepares us for a 'fight or flight' response). Along with the release of cortisol, it leads to the release of adrenaline, a higher heart rate, more rapid breathing and greater blood flow to our limbs in preparation for this 'fight or flight' response. This stress presents in different ways for parents and babies, but the same physiological changes occur. So, just as anxiety and worry of parents leads to this stress response, the same response applies when babies are overtired, fussing and crying.

# Understanding Sleep Science

What you can do to remove this obstacle to easy sleep:

- Try your best to prevent your baby from becoming overtired (by following tired signs and awake windows).
- Turn down the dial of the sympathetic nervous system.
- Reduce the stress hormone cortisol (in both parents and baby). For parents, staying calm and reducing stress and anxiety around sleep helps to achieve good sleep.

## SLEEP BEHAVIOUR

### CREATING ROUTINES IN THE DAY AND NIGHT

Sleep also has a behavioural component. Essentially, this relates to the way in which we behave before a nap or bedtime; or in other words, our “routines”. There are a number of routines that can be implemented, including a morning, nap time and bedtime routine. It is certainly possible to put these in place from Day 1, and often this can actually be a very enjoyable aspect of parenthood!

We highly recommend following our E.A.S.Y routine, which refers to “Eat-Awake/Activity-Sleep-You Time”. As newborns aren’t yet able to communicate with us verbally, they instead rely on reading our behaviours, or ‘social cues’, to understand “what’s coming next”. By having consistent routines, little ones learn how to navigate their day and feel more comfortable and relaxed doing so. We will cover routines in more detail in Section 7.

## SLEEP PSYCHOLOGY

### DEVELOPING A SECURE ATTACHMENT WITH YOUR CHILD

There is a long line of research that shows that having a secure relationship or ‘attachment’ with your child, is the number one factor underlying effective parenting. Typically, having these secure attachments leads to greater outcomes for children, as they tend to:

- Be happier, kinder, more socially competent and more trusting of others
- Have better relations with parents, siblings, and friends
- Do better in school
- Stay physically healthier
- Create more fulfilling relationships as adults.

# Understanding Sleep Science

So, how do we foster this secure attachment?

The key here is to be caring and responsive to your child's needs. For example, if your child is hungry, feed them; if they need a nappy change, change their nappy; if they need love and affection, give it to them. Every child needs love and affection, and so it should not be overlooked. Make sure to meet this need everyday, even while shaping healthy sleep habits.

Not only do children need to feel that their relationship with you is secure, but they also need to develop trust in you. Meeting all of your little one's needs will help to build this trust as well as this secure attachment. It is also important that when trying to foster a secure attachment with your little one, keep in mind your own emotions and what you communicate to your child.

## ATTACHMENT STYLES

ATTACHMENT STYLE	DEFINITION	PARENT	CHILD
SECURE ATTACHMENT	BELIEVES AND TRUSTS THAT THEIR NEEDS WILL BE MET	<ul style="list-style-type: none"><li>• SENSITIVE</li><li>• CONSISTENT</li><li>• RESPONSIVE</li></ul>	<ul style="list-style-type: none"><li>• SECURE</li><li>• EXPLORING</li><li>• HAPPY</li><li>• CONFIDENT</li><li>• TRUSTING</li></ul>
AVOID ATTACHMENT	SUBCONSCIOUSLY BELIEVES THAT HIS NEEDS PROBABLY WON'T BE MET	<ul style="list-style-type: none"><li>• DISTANT</li><li>• DISENGAGED ATTACHMENT</li></ul>	<ul style="list-style-type: none"><li>• EMOTIONALLY DISTANT</li><li>• NOT VERY EXPLORATIVE</li></ul>
AMBIVALENT ATTACHMENT	THE CHILD CANNOT RELY ON HIS NEEDS BEING MET	<ul style="list-style-type: none"><li>• INCONSISTENT</li><li>• SOMETIMES SENSITIVE</li><li>• SOMETIMES NEGLECTFUL</li></ul>	<ul style="list-style-type: none"><li>• ANXIOUS</li><li>• INSECURE</li></ul>
DISORGANISED ATTACHMENT	CHILD'S NEEDS ARE NOT BEING MET	<ul style="list-style-type: none"><li>• FRIGHTENED</li><li>• FRIGHTENING</li><li>• PASSIVE</li></ul>	<ul style="list-style-type: none"><li>• NON-RESPONSIVE</li><li>• DEPRESSED</li><li>• PASSIVE</li></ul>

# Understanding Sleep Science

## Why Controlled Crying or the Cry It Out Method Should Be Avoided

The controlled crying or cry it out technique is not consistent with what your child may need for their optimal emotional and psychological health, and may have unintended negative consequences. Often children can become so distressed resulting in vomiting/pooping. We are concerned that controlled crying goes against the basic principles of forming a secure attachment with your child. There is quality scientific evidence to suggest that controlled crying may have harmful effects on the emotional development of children in the long term. The Australian Association for Infant Mental Health has written a position paper on true controlled crying strongly advocating against the use of this method.



Your Little One's  
Sleep Space

# The Ideal Sleep Space

## AN ENVIRONMENT CONDUCIVE TO GOOD SLEEP

We want everything about your baby's environment to say that it's time for sleeping. You want to create a safe and comfortable sleep environment to allow for optimal sleep. The smallest, most simple tweaks in temperature, lighting, and sound can make the biggest difference to your baby's sleep.

### The Temperature of the Room

It is important to make sure that your baby is at a comfortable temperature – not too hot or too cold. The chance of SIDS is higher in babies who are in a room that is too hot. A room temperature of 18-22°C with your baby in an onesie and in a well-fitting baby sleep bag is comfortable and safe. Be guided by your baby's cues (touching their back/back of neck)

### White Noise

The sound machine should produce constant noise (like rain, ocean, or white noise) at a fairly loud volume (like the volume of the shower running right next to you). The constant white noise helps your baby to transition from one sleep cycle to the next. Please make sure that the sound machine stays on all night. The automatic shut off could actually AWAKEN your baby.

### Light

Try and keep the baby's room as dark as possible for sleep. Keeping a light on in your baby's room may result in less restful sleep for your little one. Please turn off all night lights. Babies at this age do not have the capacity to be afraid of the dark. Light from any source is simply stimulation.

When an environment is lightened, melatonin production is inhibited. Melatonin helps us go to sleep, stay asleep, and wake up well-rested. Even the smallest amount of light can affect a baby's internal clock. Being exposed to light resets the clock tricking baby into thinking it's time to play. Research has found that red light actually promotes the sleep hormone melatonin. Therefore, it might be worth getting a red globe for your lamp for night time feeds as it won't affect your baby's internal clock.