

Setting the stage for good sleep



★ How sensitive is your child to their sleep environment?

- ☐ My child wakes up easily because of household or outside noises
- ☐ It's hard for my child to settle to sleep when there are out of the ordinary noises in the house (such as guests in the other room)
- ☐ It's hard for my child to settle to sleep when outside the home
- ☐ It's hard for my child to settle to sleep outdoors (in the stroller or carrier)
- ☐ My child is easily distracted by people or noises during feedings
- ☐ My child was hard to settle to sleep as a newborn
- ☐ My child often fights sleep
- ☐ My child gets easily upset or frustrated
- ☐ My child seems to be sensitive to too much noise in general

If you ticked 3 or more of the above points, it is likely that your child is more sensitive or easily overstimulated in general, which means that it will be even more important to ensure that their sleep environment is optimized.