

Dreaming in the dark



- ★ **On a scale of 1 to 10, how would you rate the current darkness of your little one's room?** *1 = so bright you can see everything in the room; 10 = so dark you can't see your hand in front of your face.*



- ★ **If it's not at an 8 or higher at the moment, try one of the solutions below to darken the room more:**

- ☐ Add or switch out black-out blinds
- ☐ Add or switch out blackout curtains
- ☐ Use black garbage bags to darken the room temporarily
- ☐ Use a portable blackout blind for travel or to double up at home behind lighter curtains (**Tommee Tippee portable blind**, formerly known as the Gro Anywhere Blind, or something similar)
- ☐ Put rolled up blanket or towel under the door to block out extra light
- ☐ Use a **Slumberpod** to create a dark sleep environment around your child's bed