

## **SLEEP ENVIRONMENT (Module 3)**

### ***Lesson 1: Setting the stage for good sleep***

Now that you know about the amazing physiological processes behind sleep, we can start to use this information to improve your little one's sleep. One of the easiest ways to do that is applying what we know about physiology to the sleep environment. Optimizing your child's sleep environment to work with their physiology and stage of development makes falling and staying asleep easier, which in turn supports an age-appropriate day rhythm and a good night's sleep.

As we said in Module 2, some children are naturally more sensitive to their sleep environment because of their genetic make-up and temperament. Moreover, we generally find that overtired babies with sleep issues are usually easily overstimulated and we can't force their body to function in a different way. While we wish we had a magic wand able to teach your child the skill of simply being able to fall asleep anywhere anytime, what we CAN do is work with what we know about sleep physiology to help provide the most conducive sleep environment possible to improve sleep!

Go to your worksheets now and answer the questions for **Module 3, Lesson 1 - Setting the stage for good sleep.**