

Optimize the sleep environment



3.1 WHITE NOISE

★ **Are you currently using white noise?**

- ☐ Yes
- ☐ No

★ **If not, does your child match any of the following?**

- ☐ Is under 12 months of age
- ☐ Is room-sharing with you
- ☐ Is room-sharing with a sibling
- ☐ Is sensitive to their environment (reference the checklist for lesson 1 above)

If you checked one or more of the boxes above, we would recommend adding white noise to your child's sleep environment.

★ **If you are already using white noise or plan to start using it, make sure you're using it in the most helpful way:**

- ☐ Constantly playing throughout the entire nap and entire night
- ☐ Use white, brown or pink noise (instead of other possible noises, such as washing machine or rainfall or nature noises)
- ☐ Play noise at max 50dB during sleep (measured close to your child's head)
- ☐ Place noise machine at least 1m away from your child's bed

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3.2 TEMPERATURE

★ What is the temperature of your child's room right now for sleep?

- ☐ Yes
- ☐ No

★ Signs that suggest your child is too hot in the night:

- ☐ Sticky/sweaty neck, chest or hairline
- ☐ Warm/sweaty hands and feet
- ☐ Restless sleep or difficulty settling
- ☐ Room temperature is frequently over 22 degrees

If you feel your child is too hot at night, consider adding a fan, opening the window, turning on the air conditioner (if you have one) and/or adjusting your child's sleepwear accordingly.

★ Signs that suggest your child is too cold in the night:

- ☐ Frequent waking between 4-6am
- ☐ Cold hands/feet/ears/nose/cheeks, back and/or chest
- ☐ Child wakes up soon after falling back asleep
- ☐ Room temperature is frequently below 18 degrees

Remember that adding a blanket is a suffocation risk under 12 months or when your child sleeps in a crib, so instead, if you feel your child is too cold in the night, consider adding another layer of clothing, increasing the TOG level of your child's sleeping bag (see the chart below), or putting a small space heater into your child's room.

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	14°C 57°F	16°C 61°F	18°C 64°F	20°C 68°F	22-24°C 72-75°F	24-27°C 75-81°F
0.2 TOG						
1.0 TOG						
2.5 TOG						
3.5 TOG						

Source: lovetodream.ph

3.3 MOVEMENT

★ Does your child often do naps with movement? (Stroller, carrier, carseat, or hammock?)

☐ Yes ☐ No

***If your answer to the above question is YES, continue on to the following questions.
If your answer to the above question is NO, continue on to worksheet lesson 3.4.***

★ How many naps per day are with movement?

★ Signs that naps with movement are not restorative for your child:

- ☐ Your child only catnaps, even with movement
- ☐ Your child frequently wakes up crying or grumpy from a nap with movement
- ☐ Your child starts to show tired signs soon after their nap or well before their optimal age-appropriate awake time is up

Your child is fussy or easily frustrated, even straight after their nap