



SLEEP ENVIRONMENT CHECKLIST

A SIMPLE GUIDE TO SETTING UP A RESTFUL SLEEP SPACE FOR YOUR BABY

DARKNESS MATTERS

Keep the room as dark as possible. Blackout blinds help signal that it's time to sleep and reduce early wakes.

WHITE/PINK NOISE

Use consistent background noise to mimic the womb and block out household sounds.

COMFORTABLE TEMPERATURE

Ideal room temp is around 18–20°C. Dress baby in breathable layers and use a safe sleep sack if needed.

SAFE SLEEP

Firm, flat mattress with a fitted sheet. No pillows, toys, or loose blankets in the cot.

FAMILIAR SLEEP CUES

If age-appropriate (6m+), introduce a small comforter/lovey that stays in the cot. However this should not replace the need for baby to learn self-settling to sleep gradually.

CALM ENVIRONMENT

Avoid screens, bright lights, or loud play before sleep — it helps baby wind down peacefully.