

SLEEP CHECKLIST



SOPHIE SLEEP

0-12M



For the first six months, babies should always sleep in the same room as you, both day and night, to reduce the risk of SIDS and help them feel safe and comforted



The safest place for a baby to sleep is on their back in a flat, separate cot or Moses basket, with their feet positioned at the foot of the cot and no loose items around them



Use a firm, flat mattress with a waterproof cover to keep it clean and dry. Make sure it's in good condition and fits the cot or Moses basket securely



Keep your baby's sleep space clear by avoiding sleep pods, positioners, loose bedding, pillows, duvets, soft toys, and cot bumpers. Use a well-fitted sleep bag and avoid weighted or heavy blankets



Keep the room temperature between 16-20°C, using a thermometer to monitor it. Ensure good ventilation while avoiding draughts



Use blackout curtains, blinds, or travel pop-up shades to create a dark, sleep-friendly environment for your baby

0-12M



Choose dim lighting or soft lamps to create a calming sleep environment. If using a night light, opt for warm tones like orange or red, as they are less disruptive to sleep



White or pink noise can help create a calming sleep environment. Keep the volume at 50 decibels or lower, using a decibel meter app to monitor sound levels and do not place directly next to baby



From around 12 weeks, establish a calm and consistent bedtime routine, including a warm bath or top and tail, gentle massage, clean pj's, and a short story to help your baby relax



Establishing a consistent bedtime routine at the same time each night helps regulate your baby's internal clock, making it easier for them to settle and sleep well over time



Ensure your baby gets enough milk and / or solid food during the day, and offer a nutritious meal or milk feed before bedtime (depending on their age) to support better sleep



When your baby moves to their own room, consider using a baby monitor, ideally with video, to keep an eye on them and ensure they're safe and comfortable while they sleep

12M-4YR



Toddlers can stay in a cot until around age 3, depending on their size, development, and safety needs. When ready, transition them to a toddler bed or a standard single bed with bed guards



Use a firm, flat mattress with a waterproof cover to keep it clean and dry. Make sure it's in good condition and fits the cot or bed securely



From age one, a small, lightweight pillow and duvet can be used if needed, though some toddlers stay in sleep bags until around age 3. Avoid heavy duvets, weighted blankets, excess bedding, and soft toys



Maintain a safe room temperature between 16-20°C, using a room thermometer to monitor it. Ensure the room is well-ventilated while avoiding draughts



Use blackout curtains, blinds, or travel pop-up shades to create a dark, sleep-friendly environment for your child



Choose dim lighting or soft lamps to create a calming sleep environment. If using a night light, opt for warm tones like orange or red, as they are less disruptive to sleep

12M-4YR



White or pink noise can help create a calming sleep environment. Keep the volume at 50 decibels or lower, using a decibel meter app to monitor sound levels and do not place directly next to your child



Establish a calm, consistent bedtime routine with a warm bath (if necessary), gentle massage, clean pyjamas, a short story or a lullaby to help your child relax and settle for sleep



Establishing a consistent bedtime routine at the same time each night helps regulate your child's internal clock, making it easier for them to settle and sleep well over time



Establish a nap routine to keep your toddler well-rested and prevent overtiredness at bedtime. As their sleep needs change, regularly review and adjust nap timings



Ensure your toddler eats enough solid food during the day, and offer a nutritious, balanced meal with protein, healthy fats, and complex carbs before bedtime to support better sleep



When your toddler is in their own room, consider using a baby monitor, ideally with video, to keep an eye on them and ensure they're safe and comfortable while they sleep

NOTES



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