



# Baby Sleep Well

## Tools & Guidelines

*Products and Important Items To Help  
Plus  
Guidelines and Tips*

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BABY SLEEP WELL

# Tools

The following is a list of Baby Sleep Well's favorite items that can actually aid during this process.

*The items that are labeled as 'must-haves' will need to be in place before you begin following the suggestions given during the consultation*

Note: We have personally used and tested every product recommended below. The recommendations are of products that we feel are superior to many of those that exist on the market.

Please be aware that some of the links listed are affiliate links and that Baby Sleep Well may receive a small percentage at no additional charge to our clients.

*Thank you for supporting Baby Sleep Well!*



# Tools

## Products and Helpful Items

### **Total blackout window treatments (Must Have): –**

- Please make sure your child's room is super dark before proceeding. This will be VERY important in helping your child sleep longer in the mornings and will help them take a nap during the day if they still need to nap

A completely pitch black room can mean the difference between waking at 7AM vs 5AM.

(If you can see your hand in front of your face while in the room, then the room is NOT dark enough.)

Note: Even adults can benefit from a completely pitch black sleep environment and will sleep more deeply in total darkness. Kids do not outgrow the need for deep quality sleep so if you have an older child, please provide them with a dark room to sleep in as well.

Q: Does light come in around the door frame of your child's room or underneath the door itself?

If the answer is YES, it can help to hang a 'total blackout curtain panel on the outside frame of the door to block out light OR you can roll up a towel and place it at the bottom of the door to disallow light to shine in underneath.

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# Tools

## Products and Helpful Items

**Total blackout window treatments (Must Have) Continued: –**

**Tip:** Blackout curtains are not enough.  
Think 'bat cave' darkness!

Baby Sleep Well recommends **BlackoutEZ** as an alternative to standard blackout curtains. These are cost effective and can easily be installed or uninstalled in a matter of minutes.

You can purchase the BlackoutEZ product at this link:

<http://www.blackoutez.com/128.html>

You can also purchase the BlackoutEZ product on Amazon.com link:

<https://amzn.to/2Zf2FbG>

**Short video clip to help explain:** How important total darkness is to the sleep process (especially for naps)

This is what happens to a child's nap when any little bit of light enters the room....

link:

<https://youtu.be/CT7pfYN5e6gis>



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# Tools

## Products and Helpful Items

### **Night Light (Possible Must Have):**

- A night light is not necessary but can be helpful if you need to enter your child's room during the night for any reason.

A low wattage nightlight in an orange or red hue will help you to see where you are going while not causing your baby to be wakeful.

**Please avoid blue, green or white lights in your child's room. as this will cause wakefulness and continued sleep disruption.**

**Tip:** Baby Sleep Well's favorite night light is the [Himalayan Salt Lamp](#) on a dimmer switch. That can be purchased online at Amazon.com  
Link:

<https://amzn.to/2TEAKAZ>

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# Tools

## Products and Helpful Items

### **Sound machine/white-noise maker (Must Have):**

- This tool is still one of the most important items that **MUST** be in every child's room. This little miracle worker goes the extra mile in taking your baby's sleep from 'so so' to **AMAZING**. Here's a few reasons why:

\* Constant and boring sounds help lull a child to sleep.

\* White noise is known to reduce stress in babies, children, and even adults.

\* The sound of white noise (no louder than 70 decibels) will drown out the outside noises, which occur during the times when children need to be sleeping. This could **REALLY** mask any disruptive sounds that could sabotage sleep and can cause wakefulness.

**Tip 1:** Baby Sleep Well's favorite sound machine is: HoMedics SoundSpa® Model: SS2000

Purchase at Amazon.com

Link:

<https://amzn.to/31Mu3Qa>



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# Tools

## Products and Helpful Items

**Sound machine/white-noise maker (Must Have) Continued:**

**Tip 2:** Sound App - Sleepmaker Nature Free

By Jenny Apps

If you have an old iPhone or iPod, you can download this FREE App that is a MUST have for great soothing sounds for sleep. I recommend the track called "Babbling Brook". Don't forget to adjust the timer on this app so that it lasts the entire duration of the sleep period.

Download FREE:

<https://itunes.apple.com/us/app/sleepmaker-nature-free/id911204868?mt=8>

**Tip 3:** Sound Meter App - Decibel X Noise Meter

By SkyPaw Co. Ltd

Download FREE:

<https://itunes.apple.com/us/app/decibel-x-db-dba-noise-meter/id448155923?mt=8>



# Tools

## Products and Helpful Items

### **Video Monitor (Strongly suggested):** –

- A video monitor will be your best friend when you need to see into your child's room but do not want to disrupt his/her sleep. I find that having this tool allows you to have peace of mind knowing if your child is in bed or if they are standing at their door; if they are awake or if they have fallen asleep. It is not easy to tell what your child is doing on the other side of their door just by listening. Having a window into their room to let you know that they are safe and don't need intervention from you is a wonderful thing!

**Tip 1:** Please make sure your video monitor uses infrared night vision capabilities and does not shine lights in order to improve visibility of your child.

**Tip 2:** Baby Sleep Well's favorite video monitor is: The Good Baby 3.5 inch Video Baby Monitor with Camera and Infrared Night Vision purchase at Amazon.com

Link:

<https://amzn.to/2TEpm8b>



# Tools

## Products and Helpful Items

### **The Stoplight Alarm Clock (Must Have for 2.5 Years +):**

- For older children who are sleeping in “big kid” or toddler bed, it can help to give them a visual tool that signals when it is ok for them to get out of bed in the morning.

Young children aren't able to read a clock yet, so this “Stoplight alarm clock” will clearly communicate when it is time to be up for the day or even when they are able to get up from their naps.

The light will be red until the correct wake time and then it will change to green alerting your child that it is ok to get out of bed. It's very easy for a young child to understand.

Please note: We do not recommend any other wake clocks on the market. They are not as effective as this particular clock.

The [Stoplight Alarm Clock](#) can be purchased online at Amazon.com.  
Link:

<https://amzn.to/2zh2uIT>



# Tools

## Products and Helpful Items

**The Door Monkey** (Must Have for children who leave their room during sleep:):

- For children who tend to wander from their room at night or during nap time, the Door Monkey is a safe and effective tool.

This tool automatically keeps your child's door in a "slightly cracked position" that neither can be fully opened nor completely closed and disallows him/or her to escape from their room.

This is not a punishment but instead a gentle reminder that it is not ok to leave their room at night (or nap time).

After your child leaves his/her room you can discuss it the next day... "your brain was having trouble remembering to stay in your bed last night so this door monkey is a toll to help your brain remember." It's only a tool and a gentle reminder of the sleep rules.

You can find out more about this product by visiting their website <http://doormonkey.com/>

The Door Monkey can be purchased online at Amazon.com.

Link:

<https://amzn.to/2z61TmO>

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# Tools

## Products and Helpful Items

### Essential Oil Diffuser (Nice-to-Have):

- I am an advocate of having the ultimate peaceful environment is a way to help give your baby the utmost sleep possible. I like for things to be as easy and as free of crying as possible. I find that the best way to prepare a baby for sleep is to get all of his/her senses relaxed. The sense of smell can and should be used to help with relaxation. I love to diffuse essential oils such as Lavender, Vetiver, Cedar Wood, and Ylang Ylang as a way to create a calming space for my babies.

**Tip 1:** Make sure that any light emitted from your essential oil diffuser can be turned off so that it does not disrupt sleep.

**Tip 2:** Our choice for an essential oil diffuser is the InnoGear Diffuser on Amazon.com

Link:

<https://amzn.to/2z7oEXE>



# Tools

## Products and Helpful Items

### Essential Oils (Nice-to-Have):

- I also recommend the use of essential oils topically to help your baby prepare for sleep. You can use oils to give a massage as part of your soothing bedtime routine.

**Tip:** Baby Sleep Well has partnered with an amazing aroma therapist (Mindy Westfall of Land of the Living Apothecary) to produce the most peaceful and calming essential oil blend (The Baby Sleep Well Blend).

You can purchase that essential oil blend at this link:

<https://www.llapothecary.com/online-store/Baby-Sleep-Well-LLC-Ultimate-Baby-Sleep-p56479582>



# Tools

## Products and Helpful Items

### **The Slumber Pod®** (Strongly suggested for travel):

- I very strongly recommend that you invest in this amazing product if you will be traveling with your child.

"SLUMBERPOD® is a quick-assembly privacy pod that helps babies/toddlers get a good night's sleep — especially important when sharing a room with others (e.g., hotel room). It completely encloses a playard (travel crib) and is:

- Dark inside – creating an optimum sleep environment
- Safe – passes applicable consumer product safety tests
- Bottomless (designed to enclose a standard sized travel crib or playard – sold separately)
- Lightweight and compact (fits inside carry-on luggage) – includes travel bag
- Quick and easy to set up and disassemble
- Made of breathable fabric
- Outfitted with ventilation windows

SlumberPod is ALSO compatible with several cots and small blow up mattresses including the Regalo My Cot Portable Toddler Bed™ and The Shrunk's Junior Toddler Travel Bed

The Slumber Pod can be purchased online at the following link.

Link:

<https://www.slumberpod.com?aff=58>



# Tools

## Products and Helpful Items

### **Personal Air Conditioning Unit (Possible Must-Have):**

- A lot of times I find that children are sleeping and napping in a room that is dangerously hot for them.

The American Academy of Pediatrics warns:

*Children are less able to regulate their body temperature compared with adults. As a result, children are more likely to develop significant health effects when they are exposed to temperature extremes. These temperature extremes can result from inadequate home heating or cooling, extended exposure to temperature extremes without proper gear, and overheated environments, including automobiles.*

**Tip:** It is VERY important to keep the temperature of your child's room cool. The American Academy of Pediatrics suggests a temperature of approximately 68 - 73 degrees Fahrenheit (20c-22.7c) Place thin breathable layers of clothing on your child to help regulate your their body temperature.

**Tip:** We recommend the following AC Unit as an easy and effective system to help keep your child's room cool and safe.

MRCOOL DIY Ductless Mini Split Air Conditioner

You can purchase the Mr. Cool DIY AC Unit on Amazon.com

link:

<https://amzn.to/2Z5qM1f>



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# Tools

## Products and Helpful Items

**Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program for a Good Night's Sleep by Weissbluth M.D., Marc (Must-Have Book):**

- Dr. Marc Weissbluth is the Father of Pediatric Sleep. This book will be your sleep bible and should be on EVERYONE'S shelf.

You can purchase this book on Amazon.com  
link:

<https://amzn.to/2KYopVe>

**It's Never Too Late to Sleep Train: The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents 1st Edition by Canapari MD, Craig (Must-Have Book):**

- This book is a great read for everyone who feels they waited too long or are at fault for their child's "bad" sleeping habits.

You can purchase this book on Amazon.com  
link:

<https://amzn.to/342qM0K>



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# Guidelines

## Tips & Helpful Information

### **Plenty of healthy sleep (Super important): -**

- Remember that just because your child is older now doesn't mean they need less sleep; in fact, children aged 8 to 10 more than likely still require up to 11 hours of night sleep.

Note: Just like cranky adults driving home from a long work day, children tend to "fall apart" after they become overtired and fatigued.

The next step after this fatigue sets in is the "wired" phase. Children who become overtired tend to get a sudden "second wind" and then seem to "fight" sleep and even prolong bedtime. Behaviors tend to worsen as well.



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# Guidelines

## Tips & Helpful Information

### **Sleep Hygiene** (Still a few key ingredients): -

- Just because your child is older now doesn't mean that they can obtain restorative quality sleep out of sleeping in the wrong conditions.

Their sleep environment needs to be perfect!

**SUPER DARK**

### **Room Safety** (Keep it baby proof): -

- Though your child is older now and can be more careful, they are able to manipulate their space a whole lot better than they were able to do so before. This means they will learn how to use what they have to try to get you back in their room.

Make sure that outlets are covered, lamps and electronics are out of reach, and furniture is bolted to walls, and that they cannot open drawers possibly getting their fingers smashed.



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*Aloha!!*

Baby Sleep Well is committed to helping you have the most peaceful parenting experience as your child continues to grow and learn.

Support and results in the most peaceful manner is our #1 goal.

Don't hesitate to mention it to us should you have any questions or concerns about the products suggested above. If you are uncertain about any of the items listed, please consult your Pediatrician FIRST and get their professional opinion.

We are here to help and work with you in any way that we can!

[www.babysleepwell.com](http://www.babysleepwell.com)

