



*Baby Sleep Well*

*Tools*

*&*

*'Must-Haves'*

*Products and Important Items That Can Help  
Improve Your Baby's Sleep*

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OF  
BABY SLEEP WELL

# Tools and 'Must-Haves' for Successful Sleep

The following is a list of Baby Sleep Well's favorite items that can actually aid in the process of getting your child to fall asleep more quickly and easily as well as to help them stay asleep for longer periods.

*The items that are labeled as 'must-haves' will need to be in place before you begin following the new sleep plan*

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 and 'Must-Haves' for Successful Sleep

**\*Colic Calm: – Homeopathic Gripe water (Must Have) for babies 12-Months and younger:**

- I highly recommend the use of Colic Calm as the **only** product of it's kind that truly makes a difference.

It's unlike any other gripe water that exists on the market. This is a homeopathic remedy that is VERY effective in helping regulate acid in the stomach because it contains active carbon.

It also contains Melissa Officinalis (Lemon Balm). Lemon balm is used for digestive problems, including upset stomach, bloating, and gas. Lemon balm also has calming effects and can help with anxiety, sleep problems, and restlessness.

It contains FDA-Registered ingredients. It is also safe, gentle, and all natural.

Colic Calm can be purchased at CVS & Walgreens Pharmacies or online at Amazon.com

Link:

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

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# Tools and 'Must-Haves' for Successful Sleep

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

- Please make sure your baby's room is super dark before proceeding with any sleep training. This will be VERY important in helping your baby fall asleep quickly and stay asleep for long and restorative sleep to occur. A completely pitch black room can mean the difference between a 30-minute nap and a good 2-hour nap. (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 and 'Must-Haves' for Successful Sleep

**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 baby's naps when any little bit of light enters the room**

link:

<https://youtu.be/CT7pfYN5e6gis>

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# Tools and 'Must-Haves' for Successful Sleep

## Sound machine/white noisemaker (Must Have):

- This tool is by far one of the most important items that MUST be in every nursery. 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 we recommend it:

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

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

\* The constant sound will mimic what a baby heard in the womb and can take the place of our 'shushing' a baby to calm them.

\* The sound of white noise (no louder than 70 decibels) will drown out the outside noises, which occur during the times when babies should be sleeping. This could REALLY mask any disruptive sounds that could sabotage a baby's sleep and will cause wakefulness in a baby.

**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 and 'Must-Haves' for Successful Sleep

**Sound machine/white noisemaker (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 and 'Must-Haves' for Successful Sleep

## **Video Monitor (Must Have): –**

- A video monitor will be your best friend when you need to see into your baby'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 that your baby is safe and does not need intervention from you. It is not easy to tell what kind of fuss or cry may be coming from your child. If it is a true need you will want to attend to him/her in a hurry, but if he/she is just fussing because he/she is trying to get back to sleep after experiencing a night waking, it's a better idea to give your the time necessary to self soothe instead of rushing in and causing him/her to be more wakeful.

**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 and 'Must-Haves' for Successful Sleep

## Probiotic (Must Have): -

- The regular use of a probiotic can help eliminate issues in your baby's GI tract and even prevent any tummy troubles. This, in turn, can help your baby sleep longer stretches during the night and for naps as well.

Babies who suffer from colic and gassiness are usually quite fussy and restless especially right before or during sleep. Probiotics can make a huge difference for helping to relieve some of the discomfort associated with gas and colic.

Probiotics are live, beneficial bacteria that are naturally found in the digestive system. A probiotic supplement keeps these bacteria balanced and creates a healthy digestive tract. Having a healthy digestive system can ease a baby's tummy aches and will in turn lessen their crying and allow them to sleep more peacefully.

**Tip:** Baby Sleep Well's favorite probiotics is: [Udo's Choice](#) but if your Pediatrician suggests using a different brand of probiotic, that should work well too!

[Udo's Choice Probiotics](#) can be found at Whole Foods Grocery or online at Amazon.com.

Link:

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

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# Tools and 'Must-Haves' for Successful Sleep

## **The Wonder Weeks Book (Must Have):**

- I very strongly recommend that you read the appropriate section in the book "The Wonder Weeks" as it pertains to your child. This will help you to better understand any developmental patterns and 'leaps' that may be happening 'under the surface'. These changes and milestones are known to cause fussiness and other issues including disrupted sleep for your child.

The Wonder Weeks Book can be purchased online at Amazon.com.

Link:

<https://amzn.to/2Z82wqE>



# Tools and 'Must-Haves' for Successful Sleep

## **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 and 'Must-Haves' for Successful Sleep

## **Huggies OverNites Nighttime Diapers (Must Have):** –

- We want to avoid changing diapers at night unless absolutely necessary. Nighttime diapers are built to help your baby sleep comfortably and for longer stretches at night. They are an absolute must have!

**Tip 1:** We recommend putting your baby in a nighttime diaper that is one size larger than what they normally wear.

**Tip 2:** Baby Sleep Well's favorite nighttime diaper is [Huggies OverNites](#): They can be purchased at major drugstores, Walmart, Target, or online at Amazon.com.

Links:

Size 3 - <https://amzn.to/2Z7lxxn>

Size 4 - <https://amzn.to/2Zdyulc>

Size 5 - <https://amzn.to/2Zbhmwg>

Size 6 - <https://amzn.to/2KDnj1d>



# Tools and 'Must-Haves' for Successful Sleep

## **Diaper Doubler Pads (Possible Must Have): –**

- If your baby's overnight diapers are still getting super full and causing disruptions at night due to discomfort or leaks, you might want to consider additional padding for extra absorbency.

**Tip:** Baby Sleep Well's favorite Diaper Doubler Pads are: [Sposie Booster Pads](#). They can be purchased online at Amazon.com.

Link:

<https://amzn.to/2TG8s92>

## **Diaper Liner (Possible Must Have): –**

- If your baby's skin is irritated or if your baby is struggling with diaper rash due to very wet diapers, you may want to use a diaper liner insert. These liners protect the skin from wetness by providing a quick dry layer that forms a barrier in between the baby's skin and the wet diaper below it.

**Tip:** Baby Sleep Well's favorite Diaper liner is: [GroVia Bio-liners](#). They can be purchased online at Amazon.com.

Link:

<https://amzn.to/2Zejzv7>

## **Diaper Rash Cream (Possible Must Have): –**

- If your baby's skin is sensitive or develops diaper rash easily we suggest a good cream that will both heal and protect.

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# Tools and 'Must-Haves' for Successful Sleep

## Diaper Rash Cream (Possible Must Have) Continued: –

**Tip:** Baby Sleep Well's favorite cream is: [Wedela Diaper Rash Cream with Calendula Flower](#) . They can be purchased online at [Amazon.com](#)

Link:

<https://amzn.to/2Z7LEVA>

## 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>



# Tools and 'Must-Haves' for Successful Sleep

**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 and 'Must-Haves' for Successful Sleep

## 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 and 'Must-Haves' for Successful Sleep

## 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 and 'Must-Haves' for Successful Sleep

## **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 and 'Must-Haves' for Successful Sleep

## 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.

You can purchase that essential oil blend at this link:

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



BABY SLEEP WELL

# Tools and 'Must-Haves' for Successful Sleep

*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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# Happy sleeping!!

Baby Sleep Well is committed to helping you give your child the BEST, most restorative, and healthy sleep he/she can get.

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)

