Clean Sleeping Habits/ Sleep Hygiene

1️⃣ Light - Colour/Exposure
> Light directly affects the part of our brain controlling sleep/wake. Bright light suppresses sleep; it suppresses melatonin (our sleep hormone). In comparison, darkness promotes sleep; when there is no light, melatonin goes nuts! So really really dark is ideal for naps and nights!

> Colour matters too. Blue light's wavelength promotes wakefulness and inhibits sleep, whereas red/orange light promotes sleep. So any night lights or clock lights around, if you can change their colour - choose red/orange. Also exposing your child to lots of light in the morning and then making a drastic change when it comes to sleep time, really helps train their rhythms.

2️⃣ Sound
> You want one of two things here: Super silent, or a droning, loud sound to drown out other sounds. So have them sleeping in a super quiet spot (which honestly doesn't happen too often) so I would suggest making a sound machine your best friend! There are some more permanent ones, as well as travel ones. I would suggest getting both, or at least a travel so you can bring it from home to the car etc.

3️⃣ Temperature

> The ideal temperature for sleep is perhaps cooler than you may think. That is because when we are sleeping, our body temperature naturally drops. So if you want to promote sleep, keep a cooler environment. Ideally 20-21C / 69-70F. It is important to keep this in mind when you are layering up your child for sleep.

4️⃣ Routine

> Building a bedtime/ naptime routine is key in the beginning. Consistency and routine are so comforting and help your child recognize when it's sleep time (plus it's easier on you!) So along with making the sleep environment as conducive to sleep as possible, making a little routine can really support your child's sleep development.

So there you have it, a few extra hints to support your child's sleep rhythms. If you have any questions, again please reach out! That's why I am here, to answer all your questions and support you and your family's sleep.