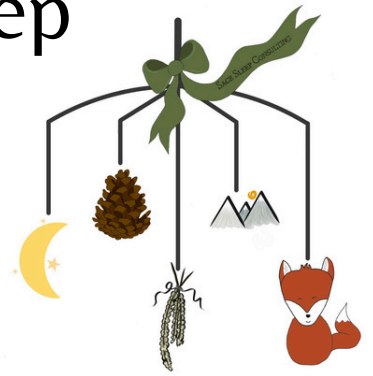


How to Optimize Sleep



Clean Sleeping Tips

- Light (Exposure and Colour)
- Sound
- Temperature (20–21 C / 69–70 F)
- Routine

Newborn - 8 Weeks

All you need to know:

- Establish Feeds
- Take Care of Mom
- Establish a Bedtime Routine
(bath, story, rocking, swaddle, feed etc.)

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Sage Sleep Consulting

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