

sleep tricks

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ILLUSTRATION BY KATE LARSEN

They're for the baby, but we hope they help you get some zzzzs too.

keep it cool

It's natural to want to keep a brand-new baby warm, but avoid overheating her. She'll be most comfortable sleeping when the room is between 68 and 72°F. If you set your thermostat to this range, she's likely to snooze better and longer. Wrap her snugly in a receiving blanket or swaddle to make her cozy.

lights out

After nine months in your belly, baby will be used to the dark, so turning off the lights will keep her content and help her fall back asleep if she's restless. Invest in thick curtains or shades that sufficiently block out light (you should barely see the outline of your hand).

white noise

Some babies are more sensitive to sounds than others. To drown out noises, consider using a sound machine to create white noise for your baby to fall asleep to. Some parents use a vacuum, hairdryer or a fan to help their babies snooze—just be sure it's not so loud that it could damage her sensitive ears.

create a routine

For the first few weeks, your baby probably won't know day from night (sorry: that means round the clock waking for you). But once he starts to extend his nighttime sleep, try giving him a designated bedtime, so he learns when to fall asleep. For most babies, the ideal bedtime is somewhere between 6 and 8 p.m.

short and sweet

Whether it's a song and a book, or warm p.j.'s and cuddling, the bedtime routine shouldn't last more than 15 minutes (excluding bath time, if that's part of it). Some parents give baby a tender massage to help her relax.

less is more

Get rid of distractions. Toys—even crib "soothers" and mobiles—signal to baby, "It's time to play!" Instead of loading the crib with a bunch of sensory objects, create a separate area in the nursery where your little one can go when it's time for fun. Keep the bed reserved for sleep and rest.

how do I get my baby to sleep through the night?

Once your little one is mature enough (this can be as early as 4 months but not sooner!), and you get the okay from your doctor, you might turn to "sleep training" (techniques often used to teach babies to become better snoozers) to help her sleep through the night. Pick one of these books to try a specific training method.

Solve Your Child's Sleep Problems by **Richard Ferber, MD** Dr. Ferber is best known as the "cry it out" doc, because he teaches that sometimes allowing the baby to cry at night, rather than rushing to his side every time he makes a peep, can teach him to self-soothe.

The Sleepsasy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep—From Birth to Age 5 by **Jennifer Waldburger and Jill Spivack** The authors call their approach "least cry" and offer tips for dealing with bumps in the sleep-through-the-night road, like teething and traveling.

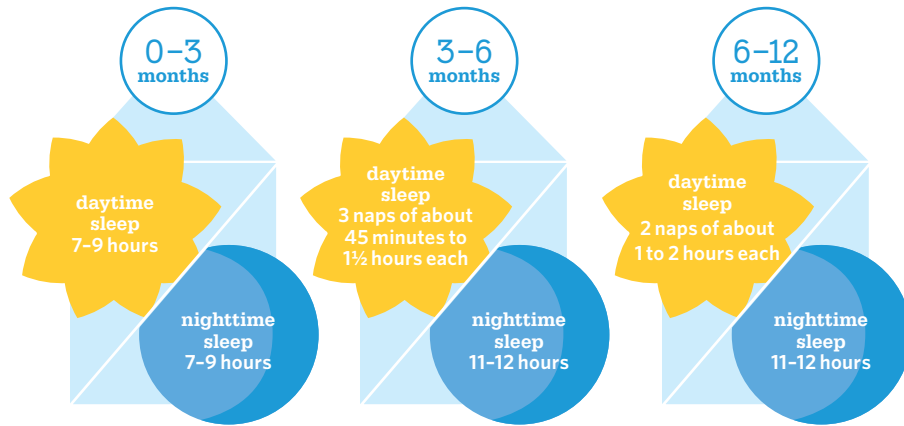
The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night by **Elizabeth Pantley** If you'll feel guilty letting baby cry, but you're ready to stop going to and from the nursery all night long, you might find that this book's easy step-by-step instructions make getting baby to sleep longer a little less nightmarish. >





Is baby getting enough sleep?

Tired babies are cranky babies. Use this guide to gauge whether your little one is getting the rest he needs.



expect your baby to...
doze off and on about 6-7 times per day.

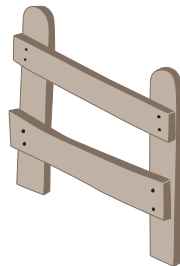
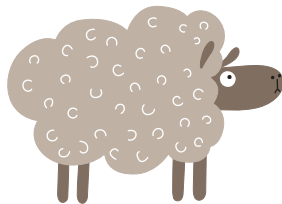
watch out for...
confusing a.m. and p.m. Your baby should sleep more hours at night than during the day as she gets closer to the 3-month mark.

expect your baby to...
cut out most nighttime feedings and wake only once or twice—or not at all—during the night.

watch out for...
the 4-month “wakeful” period, when some little ones who’d been sleeping fine at night suddenly get active when they should be snoozing.

expect your baby to...
show he’s tired by becoming whiny, fussy, impatient—or even hyperactive.

watch out for...
separation anxiety. Some babies wake at this age because they miss mom at night.



snooze tools

Some of our favorite bedtime gear



calming oil

A soothing massage can be a nighttime bonding ritual. Baby Avalon Organics Moisturizing Organic Massage Oil, \$10, AvalonOrganics.com.



peaceful pal

This soft, cuddle-worthy guy is also a portable sound machine with nature and ocean sounds. Sleep Sheep On the Go, \$22, CloudB.com.



a good read

You can't go wrong with a classic bedtime book. *Goodnight Moon*, \$10, Amazon.com.

temp tracker

Make sure the room's at a comfy temp (or check baby's temp). Mobi Digital Ultra Thermometer, \$30, GetMobi.com.



stylish swaddles

Velcro closures make it super easy to wrap up baby. Chenille Lined Baby Swaddles, \$57 each, ChulaMama.com.

SLEEP SHEEP: ANTONIS ACHILLEOS; ALL OTHER PHOTOS: COURTESY OF THE MANUFACTURERS

More sleep tips at TheBump.com/sleep