

How To Create A SLEEP-SUPPORTIVE ENVIRONMENT



Follow this list of tips to ensure that your toddler's bedroom has a sleep-supportive environment and is free of unwanted distractions.



Keep the room as dark as possible.



Keep outside noises to a minimum by closing the windows and doors.



Introduce white noise, if needed.



Set a comfortable room temperature.



Hang a crib mobile beyond the toddler's reach to encourage self-soothing.



Avoid placing a television in the toddler's bedroom.



Do not place any bright or reflective objects near the bed.



Spray child-safe calming scents in the room only if the toddler finds them soothing.



REFERENCES:

1. Bedroom Environment; The Sleep Charity.



Source: https://www.momjunction.com/articles/toddler-wont-sleep-reasons-ways-to-help_00766494/