



Nursery Room Checklist

A few simple tricks make for a well-planned nursery and a well-rested baby!

KEEP IT COOL, DARK & NOT TOO DRY

- 68-72 degrees is ideal temp
- Dress in one extra layer (velcro waddle or sleep sack for easy diaper changes)
- Add a humidifier for healthy and comfortable breathing
- Hang black-out curtains or window film
 - This is important for naps only after 8 weeks of age when they become light-sensitive

ADD SOME (WHITE) NOISE

- Offer continuous static white noise; avoid variable tones
- This mimics the noises the baby heard while in the womb
- 50-55 decibels and about 3 feet away from the crib/bassinet

CONSIDER THE CRIB/BASSINET

- Keep it free of blankets, toys, pillows until 12-18 months
- Keep it flat; not at an incline
- Ensure crib mattress is on newborn side if there are 2 sides
- Once they can sit, lower the crib and remove anything within reach from around crib
- Smart bassinets are “nice-to-have” but don’t guarantee a well-rested baby. Most babies can eventually sleep well without one (Remember it is normal for babies to wake up many times at night to eat—it’s part of their developmental journey!)

ALL THE REST

- Don’t forget a monitor! There are wifi and non-wifi options.
- Avoid placing a mobile over a crib as they can be distracting and dangerous. Consider placing it over the changing station instead.
- Avoid bright light music players that attach to the crib as they can be overstimulating and dangerous. Save these for the car!

This guide was created in collaboration with sleep consultant Julie Connelly for Expectful, Inc.