Checklist: Baby Sleep essentials

Last updated: January 2012

Highlights

- Essentials
- Nice extras
- Tips

Here's everything you'll need to help your baby sleep safely and soundly.

Essentials

- **Crib**
  A *safe place* for your child to sleep up to age 2 or 3
- **Crib mattress**
  Pick one that's firm and fits snugly into the crib
- **Crib bottom sheets (2-3)**
  Give your baby a comfortable surface to sleep on
- **Waterproof mattress protector**
  Keeps crib mattress dry and odor-free
- **"Wearable blanket" sleeper**
  A cozy sleeper that's as warm as a blanket but can't be kicked off
- **Footed sleepers (5)**
  Warm, soft, and comfortable baby sleepwear
- **Receiving blankets (4-6)**
  Perfect for swaddling, which helps many newborns sleep better

Nice extras

- **Bassinet**
  Keeps your baby conveniently close for *nighttime feedings*
- **Monitor**
  For *keeping tabs on your baby* from any room in the house
- **Mobile**
  Hung over the crib, it's a soothing distraction for a wakeful baby
- **Glider or rocking chair**
  Back-and-forth movement is a time-tested way to send your baby to dreamland
- **Swing**
  The gentle motion and music puts some babies right to sleep
- **Soothing crib accessories**
  Designed to relax your baby with heartbeat sounds, music, vibrations, and more

Tips

- On *cold nights*, ease your baby's transition into the crib by pre-warming the sheet with a hot water bottle. Be sure to remove it before putting your baby to bed!
- Don't be shy about *singing your baby to sleep* — babies don't mind if you're off-key! Record your voice so your baby can be comforted by it even when you're not around.