

- **Darkness** - Keep your baby's sleep environment as dark as possible. You could use blackout blinds, or even tinfoil/cardboard on the windows works well. If you wake to feed your baby, use low-level lighting or a red/orange lamp.
- **Same space** - Ideally, your baby should be in the same room as you for at least the first six months. The space should be simple and not too distracting.
- **Temperature** - Make sure the bedroom is between 16-20 degrees and ensure your baby is not over-dressed. You could use a room thermometer to check this. Babies cannot regulate their temperature like adults can. It is important that your baby doesn't get too warm or too cold.
- **Noise** - If your baby seems to wake up to any noise like dogs barking, the doorbell etc., then using white noise can be a great tool! Just make sure it is no louder than around 50 decibels, and do not put it next to your baby's head. It can be put on the other side of the room.

