



MILKY WAY

DREAMING OF SLEEP



ROOM TEMPERATURE

My room should be around 18–20°C (65–68°F) so I am not too hot or too cold.

LIGHTS

I don't need a bright light at night – a dark room helps me understand when it's time to sleep. Expose me to natural daylight in the morning and keep nighttime quiet and calm.

BEDTIME ROUTINE

A relaxing routine helps me know it is time to sleep. I might like a warm bath, a gentle massage, a quiet story, soft lullabies or white noise.

SLEEP

SLEEP REGRESSION

Sometimes I'll wake up more because I'm growing, teething, or not feeling well. Please be patient with me – I'll get back to sleeping better soon.

WAKE IN THE NIGHT

If I wake up, I might need you. Sometimes I wake because I am hungry, uncomfortable or just need a cuddle.

COMFORTER

A soft comforter, like a small blanket, a plush toy (when I am old enough), a dummy or muslin can help me settle at bedtime.