



Sleep Checklist

Swaddles, sound machines, and sleep sacks, oh my! These essentials are here to help everyone get more ZZZs (or at least try to).



Safe Sleep Space

- ☐ Bassinet, cot, or Moses basket
- ☐ Firm, flat mattress (cot-approved)
- ☐ Waterproof mattress protector
- ☐ Fitted sheets (2–3)
- ☐ Baby monitor (video/audio or both)
- ☐ Room thermometer



Soothing Tools

- ☐ White noise machine or app
- ☐ Nightlight (for night feeds and nappy changes)
- ☐ Dummy/pacifier (if using)
- ☐ Comforter (for 6+ months only)
- ☐ Rocker, glider, or comfy chair (for bedtime feeds or cuddles)



Sleepwear & Layers

- ☐ Zip-up sleepsuits (2–4)
- ☐ Swaddles (2–4, muslin or stretchy)
- ☐ Sleep sacks or wearable blankets (age-appropriate)
- ☐ Singlets or underlayers (for cooler nights)



Sleep Hygiene & Setup

- ☐ Blackout curtains or blinds
- ☐ Swaddle transition options (arms-out or partial swaddle)
- ☐ Sleep log or tracking app (optional but helpful)
- ☐ Storage basket for sleep essentials (swaddles, PJs, wipes)
- ☐ Laundry detergent suitable for sensitive skin

