

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.