

Checklist to help organize your sleep station:

Essentials for Baby:

- ☐ Clean crib sheet (plus backup)
- ☐ Swaddle, sleep sack, or wearable blanket
- ☐ Pacifiers (at least 2), optional – I usually phase out pacifiers at sleep training
- ☐ Clean burp cloths
- ☐ Favorite soothing object (if age-appropriate)
- ☐ White noise machine
- ☐ Room-darkening curtains or blackout shade
- ☐ Dim nightlight (soft amber or red hue preferred)

Tools for You:

- ☐ Clock, stopwatch, or phone timer for tracking check-ins
- ☐ Sleep log or notebook
- ☐ Video monitor
- ☐ Printed copy of your sleep plan (post it somewhere visible!)
- ☐ Pen(s) or marker
- ☐ Encouragement quote or verse (reminder: this season is temporary)