Your Roadmap to Inspire Peaceful Newborn Sleep

1. Watch, Listen, and Learn How Baby Communicates
2. Have Realistic Expectations
   - FACT: Sleep periods can be as short as 20 minutes or as long as five hours. There is no “day” or “night” to Baby!

3. Learn to Read Your Baby’s Sleepy Signals
4. Respect the Span of “Happily Awake Time”
5. Differentiate between Sleeping Noises and Awake Noises
6. Use Pink-Hued White Noise
   - FACT: By keeping nights dark and quiet, and days bright and happy, you can help Baby’s internal clock to mature.

7. Set Your Baby’s Biological Clock
8. Ensure Adequate Daily Naps
9. Understand and Respect Your Baby’s Sucking Reflex
10. Help Your Baby Make Friends With the Bassinet
11. Swaddle at the Right Time, in the Right Way
   - FACT: White noise, quiet and dim lights, your voice, a lullaby are elements of inducing sleep.
12. Give Baby a Chance to Fall Asleep Unaided
13. Provide Motion for Peaceful Sleep
14. Develop a Hint of Bedtime Routine
15. Tune Out the Criticism and Be True to Yourself and Baby!

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The No-Cry Sleep Solution for Newborns
By Bestselling Author of the No-Cry Solution Series, Elizabeth Pantley
AVAILABLE WHEREVER BOOKS ARE SOLD