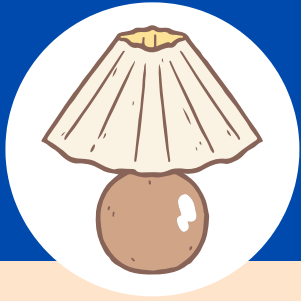
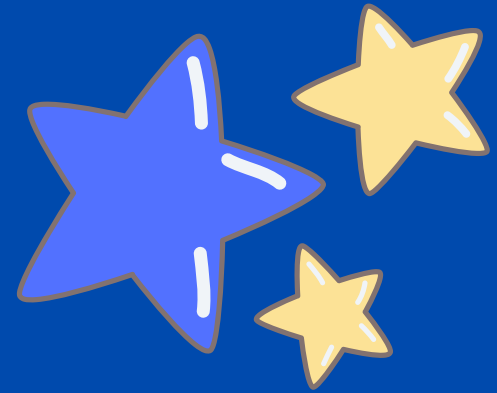


# Environmental Strategies for Sleep



## VISUAL

- LIMITING BLUE LIGHT EXPOSURE
- A NIGHT LIGHT
- DIMMING THE LIGHTS AS BEDTIME APPROACHES
- BLACKOUT CURTAINS DARKENING SHADES



## PROPRIOCEPTIVE

- SPANDEX PJS AND SHEETS
- TUCKING THE SHEETS ON BOTH SIDES OF THE MATTRESS
- TWO BODY PILLOWS ON EACH SIDE OF THE BED
- ROLL IN A BLANKET
- MAKE A BUBBLE MOUNTAIN
- WEIGHTED BLANKET (10% OF BODY WEIGHT)



## CHOICE

- BABY MONITOR/WALKIE TALKIE FOR NIGHT AWAKENINGS
- CONTROLLING LIGHTING
- DOOR OPEN OR CLOSED
- COMFORT ITEM
- ALLOWING FOSTER SIBLINGS TO SLEEP IN THE SAME ROOM (IF APPROPRIATE)
- ALLOWING CHILD TO CHOOSE PJS, BATH TOYS, AND WHAT TO READ



## VESTIBULAR

- LINEAR, RHYTHMICAL, GENTLE SWINGING IN A HAMMOCK
- ROCKING IN A QUIET PLACE
- AVOID: FAST MOVEMENT THAT CAN BE AROUSING



## AUDITORY

- SOUND MACHINE
- FAN
- SOOTHING MUSIC
- NOISE DOOR BLOCKER
- NOISE BLOCKING CURTAINS