

# Dr Golly's top sleep tips



## Relax around your baby

Babies drink more than milk, they absorb all your emotions. Try to relax as much as possible.



## Lighting

Darkness is so important to help all babies sleep! Ideally, the bedroom needs to be dark enough so that you can't see your hand in front of your face.



## Room temperature

Temperature and TOG dressing guides are included in my [program](#). Always make sure your baby is dressed correctly.



## Calorie intake

Babies and children need to get enough nutrition (milk and/or solids) throughout the day to sleep well at night.

## White noise

White noise allows you to block out sounds from inside or outside the house which helps your baby to link their sleep cycles.

## Couple Alignment

Whichever technique or routine you choose, alignment and consistency between caregivers is essential.

## Winding

Babies can't burp themselves so we need to help them. My baby programs have a key focus on identifying wind signs and implementing an "active winding method".

## Age appropriate routines

My [online sleep & settling program](#) isn't about militant precision, it's about making sure your child is getting the right amount of sleep for their age.

## Ready to get the whole family sleeping?

[Join me today](#) ➔



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**Sleeping babies.**