

Assignment A4

Sleep Space Assessment

In this assignment, you'll use your knowledge of sleep spaces to advise caregivers on creating a good environment for sleep training their infants. You can refer to the text "Spaces for Good Sleep."

For this assignment, you will need to find a friend or family member with an infant. Even if you have an infant at your home yourself, you should visit someone else's residence to complete this assignment. You can do the in-home assessment for either a nursery or a co-sleeping space.

Step 1: Ask the caregivers to give you a tour of the nursery and describe the different features of the room. During your tour, take three pictures of the nursery space. The first picture should show the entire nursery. The second picture should be a close-up of the crib area. The third picture should be a detail of another area in the room, such as a play area, or a challenging element in the room, such as a large window on a busy street.

Step 2: Now answer the questions below to identify some of the elements of the sleep space and evaluate how these elements might impact the sleep habits of the infant positively or negatively.

1. Describe the layout of the room and the separation of sleep and play space. Explain how these factors might impact the infant's sleep.

2. Describe where the crib is placed and what items are near or inside the crib. Explain how these factors might impact the infant's sleep.
3. Describe both the artificial and natural lighting of the room. Remember to also look for things that block out light, such as curtains or doors. Explain how the room's lighting might impact the infant's sleep.
4. Listen for sounds both inside and outside of the home and describe what you hear. Pay careful attention to disruptive noises, such as traffic outdoors or noisy appliances nearby. Explain how noise might impact the infant's sleep.

5. List any sleep aids in the room and ask caregivers about their use.

Step 3: Using the answers you collected above, suggest three additions or changes to the sleep space that might help the infant sleep better. Explain your suggestions in detail.