

Sleep Music Bedtime Checklist

Use this checklist every night to help your child sleep better with calming sleep music.

1. Dim the lights 30 minutes before bedtime.
2. Play calming sleep music (like lullabies, piano, or rain sounds).
3. Give your child a warm bath.
4. Put on clean and cozy pajamas.
5. Brush teeth together.
6. Let your child pick a bedtime story.
7. Play sleep music softly in the background.
8. Sit together quietly or do light cuddling.
9. Use a night light if needed.
10. Say goodnight with calm and loving words.