

## 158 CUSTOMIZED SOLUTIONS FOR YOUR FAMILY

Condition	At bedtime	Middle of the night	How can I make them the same?
Is it light, dark, or in between?			
Is it warm or cool?			
What noises can your child hear?			
What toys are in bed?			
Is the window open or closed? Are doors (to closet, hallway) open or closed?			
Does your child have a pacifier or bottle?			
Does your child breastfeed while falling asleep?			
Does your child fall asleep in your arms but wake up in the crib?			
Other:			

If you create a sleep-inducing setting for when your child first falls asleep at bedtime and make it similar for subsequent midnight wakings, this may help your child fall back to sleep on his own during the night.