

10 Ideas for a Sleep Well Gift Basket

1. **Wicker basket** — Holds gift items and can later be used for other items
2. **Sleep sack** — Keeps baby cozy without swaddling, which can overheat a baby
3. **Slippers** — Keeps mom's feet comfy when she checks on her baby at night
4. **Thermometer** — Monitors room temperature, 68°-75°F is safest for baby's room
5. **Bubble bath** — Gives mom time to herself to relax and unwind
6. **Light blanket** — Reduces the risk of overheating
7. **Babysitting coupon** — Offers mom time to catch up on sleep
8. **Night light** — Helps mom check on her little one
9. **Onesie** — Covers baby in a lightweight outfit
10. **"Sleep Well" Card** — Provides baby's safe sleep reminders for mom

Sleep Well Reminders

Remember...

Stomach to play, back to sleep

Dress with less, light layers are best

When home, leave the swaddle alone

**Cigarette smoke is trouble,
keep it away on the double**

A crib or bassinette is baby's safest bet

**For baby's good night,
a room temperature of
68-75°F is just right**

