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## sleep aids

Sometimes helping your baby learn to love bedtime takes a few tools of the trade. These age-specific items—to be used one at a time—will ease the transition from day to night.

### 0 to 2 Months

#### 1. The First Years by Learning Curve Gentle Vibrations 3-in-1 Crib Soother

Until 4 months, babies have no ability to self-soothe, so white noise and motion are two of the best ways to get your little one to drift off. This wireless device has a vibration unit that fits under the crib mattress to simulate the motion of a car seat or bouncy chair. It also has a control unit that attaches to the crib and plays a choice of six sounds for baby to fall asleep to. A voice-activation feature can turn on sound when baby cries. **\$40, walmart.com**

### 2 to 4 Months

#### 2. SunRise Junior Alarm Clock by BioBrite

This digital clock has settings to lull your child to sleep, gently wake her, or play white noise throughout the night. The attached light gradually dims, for as long as 30 minutes, while your baby drifts off to sleep. **\$90, biobrite.com**

### 4 to 6 Months

#### 3. The First Years by Learning Curve Crib CD Player with Night Light

Choose your own music to lull your little one to sleep. Opt for a Mozart classic or renditions of your favorite band from

the Rockabye Baby! collection. The attachable device will automatically shut off once the CD has finished or the timer runs out. **\$40, walmart.com**

### 4. Cloud B's Sleep Sheep

This loveable, soft friend soothes and relaxes baby with four sounds that shut off automatically with a timer: calming mother's heartbeat, steady spring rain, rolling ocean waves, and gentle whale songs. Attaches to the outside of the crib rail. **\$27, cloudb.com**

### 6 to 12 Months

#### 5. Cloud B's Twilight Turtle

This constellation night-light will educate and entertain your child as he drifts off to sleep. The tiny turtle projects real constellations onto your child's ceiling. There's even a color choice of soothing blue, green, or amber. **\$34, cloudb.com**

### 6. Lamaze Dream Screen

Use your own digital music player to soothe and entertain baby. Either set the timer to play music and scroll for 15 minutes, or allow baby to activate the music and screen by batting at the hanging chime. Hangs on the inside of the crib rail. **\$40, target.com**

