



Momlogic contributor and sleep expert Jill Spivack can have your family sleeping better TONIGHT -- with these four easy steps.

B=Have a good BEDTIME ROUTINE: A consistent 15-45 minute wind-down routine (including: bath, diaper change, pj's, milk, books or some relaxing music) is important after a busy day. Do this routine at the same time each night and it will help create sleep cues for the child before bedtime.

E=Create a proper sleep ENVIRONMENT: Make sure your child has no stimulating toys in his crib or near his bed, keep light to a minimum and put on white noise to make sure your child won't be disturbed.

D=Put your child DOWN AWAKE: The most important thing parents can do is to allow him to learn the skill of putting HIMSELF to sleep rather than to continue to rely on external help from mom or dad. Although it's frustrating when he's learning, it gets easier if parents stay consistent and encouraging.

S=Create a well-timed sleep SCHEDULE: Choose a nice early bedtime for your child. Children tend to wake up by 7 a.m., so the latest bedtime we recommend all the way to age eight is 8 p.m.. This also allows parents to have some time for themselves and their relationship.