Shared-Room Night Plan

Staggered bedtimes and a safe, sleep-optimized room setup.

Create a peaceful shared bedroom for your toddler and baby with this two-part plan. Set up your staggered schedule, then use the checklist to organize a safe sleep space.



Key Room-Share Numbers

30-45 mins
Two staggered bedtimes; delay the toddler

Max 50 dB
Sound machine by door; check volume

15 mins
His ok-to-wake clock; set early

2 weeks
Introduce clock before baby moves in

2 feet
Clearance between dresser and both beds

12 months
Keep ultra-firm crib mattress side up

Staggered Bedtime Schedule

1. **Baby's Bedtime** Put the baby down in the empty, bare-sheeted crib while the toddler is out.
2. **Toddler's Wind-Down** Complete calming tasks like reading or simple puzzles in the living room together.
3. **Toddler's Bedtime** Once the baby is settled, the toddler sneaks in quietly to their low bed.

Start Color Cues Early

Begin using the ok-to-wake clock two full weeks before sharing begins so your toddler can practice morning boundaries without the pressure of waking the baby.

Adjusting the Bedtime Gap

Find your row: **Baby's nap schedule**

Baby's nap schedule	Your pick	Why
Taking daytime naps	Keep 30 to 45 minute gap	Baby enters deep sleep first
Dropping daytime naps	Adjust the bedtime gap accordingly	Developmental and sleep needs evolve

Room Setup Checklist

- [ ] Anchor dividing dresser to wall studs with steel brackets.
- [ ] Position toddler bed in corner furthest from shared door.
- [ ] Place sound machine on high shelf beside the door.
- [ ] Set red night-light on dresser top nearest the crib.
- [ ] Route lamp cord down dresser back with adhesive clips.
- [ ] Place ok-to-wake clock on low shelf beside toddler's pillow.
- [ ] Make crib with firm mattress and exactly one fitted sheet.

Essential Safety Checks

- [ ] Locate wooden wall studs using a magnetic stud finder.
- [ ] Test dresser anchoring with firm forward pressure on top edge.
- [ ] Measure at least 2 feet between dresser and both beds.
- [ ] Measure sound machine volume inside crib with a decibel app.

Schedule & Setup Notes

Enjoy watching their special sibling bond grow in this beautifully shared space!