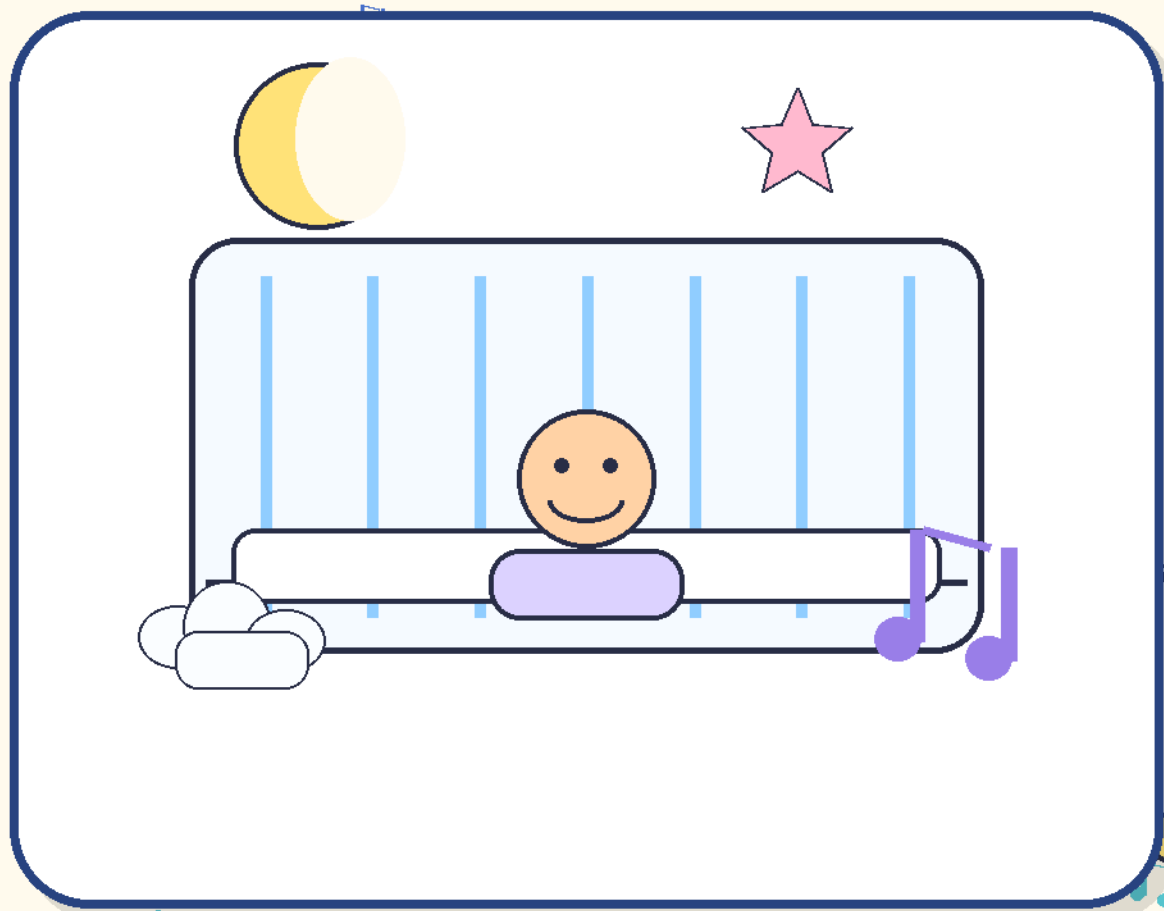


Baby Bedtime Music Routine Planner

A gentle printable for calm sounds, safe sleep reminders and simple bedtime routines



**Keep it soft. Keep it simple. Keep the sleep
space safe.**

How to Use This Planner

Choose one gentle routine and repeat it calmly



1

Pick one calming sound

Choose a soft lullaby, humming, gentle piano or low steady sound.

2

Plan a short routine

Use the same simple steps most nights so bedtime feels predictable.

3

Check safe sleep basics

Baby on back, clear cot, firm flat sleep space, device away from cot.

4

Notice your baby's cues

If baby seems unsettled by music, try a quieter sound or silence.

Parent note: This planner is for gentle routine support only. It does not promise longer sleep or sleeping through the night.

Bedtime Sound Checklist

Choose soft, steady and safe sounds



☐ The sound is low and comfortable

☐ The device is away from the cot

☐ No wires are near baby's sleep space

☐ The cot or basket is clear

☐ The sound has no sudden loud changes

☐ The music feels calm, not exciting

☐ The room lights are dim and gentle

☐ I have checked baby's usual needs

☐ The routine is simple enough to repeat

☐ I can stop the sound if baby dislikes it

Quick reminder: Music is a cue, not a cure. Keep volume low and follow safe sleep guidance.

Calm Music Planner

Write down the sounds that feel gentle



Lullaby or song name

How baby responded

Soft instrumental track

Sleepy / calm / unsettled

Humming or parent voice

What worked best

White noise or steady sound

Volume and placement

Sound to avoid

Too fast / too loud / too bright

Try only one change at a time so you can notice what helps.

Baby Bedtime Routine Chart

A simple evening pattern



1

Dim lights

Make the room calmer

2

Nappy and sleep clothing

Keep voices low

3

Feed, cuddle or story

Follow baby's usual needs

4

Soft sound starts

Lullaby, hum or steady sound

5

Safe sleep space

Back, clear cot, firm flat mattress

6

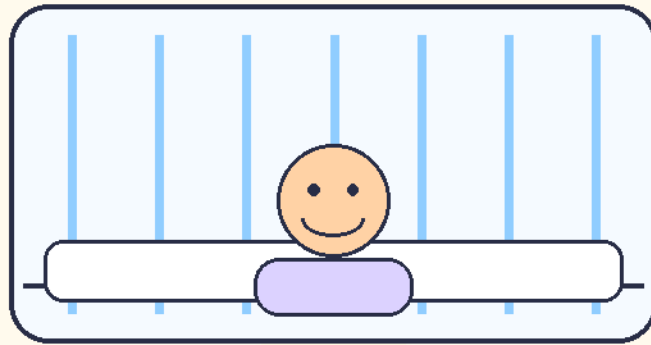
Settle calmly

Repeat the same cue

My routine time starts at: _____

Safe Sleep Reminder

Check before every sleep

☐

Baby sleeps on their back

☐

Cot, crib or Moses basket is clear

☐

Firm, flat mattress is used

☐

No pillows, toys, bumpers or loose blankets

☐

No phone, tablet, speaker or cords in the room

☐

Device or sound machine stays away from baby

☐

Sound is low and comfortable

☐

Room is calm and not too hot

This page is a reminder only. Always follow current safe sleep advice from trusted health professionals.

Wind-down Routine Tracker

One week of gentle practice



Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dim lights	☐	☐	☐	☐	☐	☐	☐
Soft sound	☐	☐	☐	☐	☐	☐	☐
Safe sleep check	☐	☐	☐	☐	☐	☐	☐
Calm cuddle	☐	☐	☐	☐	☐	☐	☐
Parent note	☐	☐	☐	☐	☐	☐	☐

What helped most this week?

What should I change next week?

Parent Notes Page

Notice patterns without pressure



Tonight's bedtime started at:

Baby seemed: calm / tired / unsettled / hungry / other

Sound used:

Volume and device placement:

What helped:

What did not help:

Question for health visitor, GP or professional:

Small notes can help you spot patterns over time. You do not need a perfect routine.

My Baby's Favourite Calming Sounds

Circle, tick or write your own

☐

Parent humming

Hum softly

☐

Classic lullaby

Sing gently

☐

Soft piano

Low volume

☐

Gentle harp

Slow and steady

☐

White noise

Low and away

☐

Nature sound

No sudden changes

☐

Quiet room

Silence can help

☐

Other

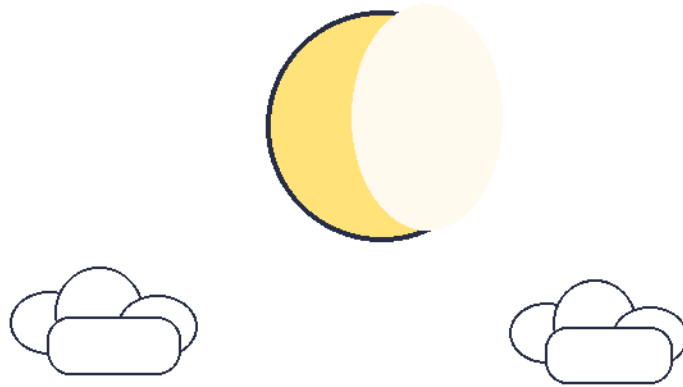
Write it here

Best bedtime sound

Sound baby did not like

Gentle Bedtime Encouragement

For tired parents



**Tonight does not need
to be perfect.**

**Keep the sound soft.
Keep the sleep space safe.
Keep the routine simple.**

You are doing your best.

