My dear Mrs. Simon:

By this time, no doubt, you have most of the baby's outfit ready. It is now time to plan for baby's bed. It is not well for the baby to sleep with the mother, not only for baby's sake but for the mother as well. If baby sleeps with you he is inclined to want to nurse frequently. Moreover, there is great danger that the baby may be accidently smothered during sleep.

If you have not planned a bed for baby a very good one may be made from an oval clothes basket which should be about three feet long. The sides may be covered with dainty material or painted white. The inside also may be painted and then it can be kept clean easily. You know it is very important that every thing which comes in contact with baby should be kept perfectly clean. The bed or bassinet should be provided with a mattress over which is spread a rubber sheet, a blanket and a top sheet. It is not desirable that baby should lie directly on the rubber.

It is essential that you obtain sufficient sleep both before and after baby is born, otherwise you cannot keep your nervous system in good condition. You should get eight hours sleep at night, with several rest periods during the day, if possible.

Sleeplessness is a symptom of disordered health and should not be neglected. You must not allow yourself to get too tired or to lose sleep. A warm bath before retiring, followed by gentle massage along the spine will produce good results as it relaxes the muscles. A hot foot bath is beneficial as it draws the blood away from the brain. A glass of hot milk or cocoa taken just before retiring often will have the same effect. If the sleeplessness is a result of indigestion, a plain diet may relieve it. Always have plenty of fresh air in the room. Keep the mind free from the cares of the day and crowd out disturbing thoughts by recalling pleasant incidents.
Never take any sleeping powders except on the advice of a physician, as the majority of these contain harmful drugs. Remember that the very best friend you have at this time is your family physician who understands your needs and whose training has taught him what things are necessary for your care and comfort. Whenever any doubts arise in your mind, do not hesitate to go to him and find out the truth. Do not allow yourself to be worried by stories told by your neighbors. Just take good care of yourself, have plenty of rest and recreation and look forward happily to the coming of your baby.

Very sincerely yours,

F. I. Child Hygiene
U. S. Public Health Service
Washington, D. C.