



## Friday Find: My Deluxe Nap Mat

By **Amanda Rock**, About.com Guide April 20, 2012  
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Does your preschooler still take a nap? If he's enrolled in day care or full-day preschool he might. My little guy does on occasion, but every afternoon I do put him in his crib (we are [switching him to a bed](#) this weekend) for some quiet play time. Sometimes he'll nod off, sometimes not, but I think it's important to at least offer him the opportunity to grab some zzzz's.

Sometimes I wonder if I put him for a nap someplace other than his room, would he more inclined to take a rest? I tested my theory with the My Deluxe Nap Mat ([compare prices](#)) by Soft Gear. Portable, it offers you an extra nap spot, other than a

child's crib or bed, to go to sleep. Perfect for day care or preschool, it also works well at home. (After two uses, my son didn't go to sleep, but he did lay down on it and rested for a while.)

The mat comes in three colors, blue, pink and mint, is soft but sturdy and folds up flat. Made in America, it features antimicrobial foam, and a cute, non-distracting design.

Where does your preschooler take a nap?

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Image: Soft Gear

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**Disclosure: A review product was provided by the manufacturer. For more information, please see our [Ethics Policy](#).**

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