



## **Sleep Q&A**

### **Q - Safe for overnight sleep?**

Sleepyhead is safe to use for overnight sleep as long as it is used in a childsafe and supervised environment.

Numerous happy parents use our products every day. Our products are designed with safety in mind and have undergone extensive testing and even comply with voluntary standards. Sleepyhead is a multi-functional baby and child product. Our product also passes the British Standard for air flow through infant pillows, BS 4578, that was published in 1970 and confirmed in 2013. Used in accordance with its instructions—which include using the product on a flat, firm and stable surface, and placing a baby on his or her back to rest, with no loose items present—Sleepyhead may be used for overnight sleep. However, children may have urgent needs and every child – no matter the environment – needs to be checked on. No product replaces a caregiver's supervision, and our products must be used in a child-safe and supervised environment. Supervision can be constant or intermittent, depending on the specific child's health, physical ability and current development stage in combination with outside factors such as the overall sleep setup and the combination of potential products and gear used.

### **Q - Is the product SIDS proof?**

It's a misconception that any product can be 'SIDS proof'. No scientific studies show that a device prevents or reduces the risk of SIDS.

SIDS is defined as "the sudden death of an infant under one year of age, which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history." Current theories explain SIDS through a combination of environmental, genetic and metabolic factors that do not cause SIDS themselves, but render an infant more vulnerable. We suggest you consult with your medical provider about the specific factors affecting your child.

### **Q - What does supervision mean?**

Nothing is better for a baby's safety than the attention of a loving caregiver. This is why we advise that supervision is critical. In some settings, constant supervision may be required, while in others only intermittent supervision may be required as long as the baby is put down in a proper setting. For example, a baby should only be put to rest on his or her back, on a flat, firm and stable surface. There should be no loose items, such as soft toys or blankets, present.

Sleepyhead does not replace parental supervision; infants demand constant care. Every child – no matter how safe the environment seemingly is – needs to be checked on intermittently, even if it's in the middle of the night.

In an overnight sleep setting, supervision is obviously a bit different, but it is important that the parent closely supervises the sleep environment and regularly checks on the sleeping infant. In an overnight setting, we suggest our pods be used in one of two ways:

- a. **For room-sharing, as a crib reducer**
- b. **For bed-sharing, as a co-sleeper**

What is in the sleep environment matters. Below is a summary that highlights some of the issues to be concerned with as you make your own decisions about where and how your infant should sleep.

#### **Room-sharing**

If you are not bedsharing with your baby, we advocate room-sharing. Proximity is key. Always put baby to sleep in the same room as you, whether it's daytime or nighttime.

A baby should only be put to rest on his or her back, on a flat, firm, and stable surface. There should be no loose items, such as soft toys or blankets, present. Pods should only be used in a crib or cot if the pod will fit within the crib or cot completely flat and without the sides folded up.

### **Bed-sharing**

Co-sleeping is a personal choice made by families that we hope is only made after careful consideration and consultation with personal medical professionals. Any family who co-sleeps must be careful and mindful of the risks, including that there is a chance that the baby can suffocate if a parent (or pet) accidentally overlays the baby, that adult beds have pillows and blankets that pose a suffocation risk, and that a baby may fall or become entrapped if the baby scoots to the edge of the bed.

Non-smoking, sober breastfeeding mothers and partners who likewise accept and welcome and adopt safety precautions altogether make for the creation of the most safe bedsharing environment. A sleeping parent – who is not a smoker, not under the influence of sedatives, medication or drugs, nor intoxicated by alcohol or any other sort of substance that impairs judgment or consciousness – is what can be called semi-alert, which means able to arouse easily from sleep to detect or discover and respond to an infant in some kind of trouble.

If a parent chooses to co-sleep with their child with the Sleepyhead, below are some suggestions on how to reduce risks:

- If bedsharing, both parents should agree and feel comfortable with the decision. Each bed-sharer should agree that he or she is equally responsible for the infant and acknowledge before sleeping that they are aware that the infant is present in the bed space. Do not place an infant in the bed with a sleeping adult who is not aware that the infant is in the bed with them.
- Always ensure the baby is on its back.
- Position the Sleepyhead securely in the middle of your bed, avoiding either end or side of the mattress to reduce the risk of a fall.
- Keep pets and siblings out of the bed.
- Do not co-sleep if a smoker.
- Persons taking sedatives, medications or drugs, or intoxicated from alcohol or other substances, or otherwise unable to arouse easily from sleep, should not co-sleep on the same surface with the infant.
- Make sure to keep all pillows and bedding away from baby, to reduce risk of overlaying and overheating.
- If two caregivers are sleeping in bed with the baby, make sure they have separate duvets or blankets.
- The mattress must always tightly intersect with the bed-frame to leave no gaps or space.
- Never bedshare in a waterbed.
- Excessively long hair on a parent should be tied up to reduce the risk of entanglement around the infant's neck.

We appreciate that some are strongly for co-sleeping and some are strongly opposed to co-sleeping, but that, ultimately, many families make the decision to do so. We hope that any family that chooses to do so does so as safely as possible.

Whether a family chooses to co-sleep should be a decision the family makes after careful consideration, and, again, ideally, after consultation with the family medical provider.

### **Q - How can I be supervising my baby if I'm asleep?**

In an overnight sleep setting, supervision is obviously a bit different, but it is important that the parent closely supervises the sleep environment and regularly checks on the sleeping infant. A sleeping parent – who is not a smoker, not under the influence of sedatives, medication or drugs, nor intoxicated by alcohol or any other sort of substance that impairs judgment or consciousness – is what can be called semi-alert, which means able to arouse easily from sleep to detect or discover and respond to an infant in some kind of trouble. In an overnight setting, we suggest our pods be used in one of two ways:

- a. **For room-sharing, as a crib reducer**
- b. **For bed-sharing, as a co-sleeper**

What is in the sleep environment matters. Below is a summary that highlights some of the issues to be concerned with as you make your own decisions about where and how your infant should sleep.

### **Room-sharing**

If you are not bedsharing with your baby, we advocate room-sharing. Proximity is key. Always put baby to sleep in the same room as you, whether it's daytime or nighttime. A baby should only be put to rest on his or her back, on a flat, firm, and stable surfaces. There should be no loose items, such as soft toys or blankets, present. **Pods should only be used in a crib or cot if the pod will fit within the crib or cot completely flat and without the sides folded up.**

### **Bed-sharing**

Co-sleeping is a personal choice made by families that we hope is only made after careful consideration and consultation with personal medical professionals. Any family who co-sleeps must be careful and mindful of the risks, including that there is a chance that the baby can suffocate if a parent (or pet) accidentally overlays the baby, that adult beds have pillows and blankets that pose a suffocation risk, and that a baby may fall or become entrapped if the baby scoots to the edge of the bed.

Non-smoking, sober breastfeeding mothers and partners who likewise accept and welcome and adopt safety precautions altogether make for the creation of the most safe bedsharing environment.

If a parent chooses to co-sleep with their child with the Sleepyhead, below are some suggestions on how to reduce risks:

- If bedsharing, both parents should agree and feel comfortable with the decision. Each bed-sharer should agree that he or she is equally responsible for the infant and acknowledge before sleeping that they are aware that the infant is present in the bed space. Do not place an infant in the bed with a sleeping adult who is not aware that the infant is in the bed with them.
- Always ensure the baby is on its back.
- Position the Sleepyhead securely in the middle of your bed, avoiding either end or side of the mattress to reduce the risk of a fall.
- Keep pets and siblings out of the bed.
- Do not co-sleep if a smoker.
- Persons taking sedatives, medications or drugs, or intoxicated from alcohol or other substances, or otherwise unable to arouse easily from sleep, should [inserted comma] not co-sleep on the same surface with the infant.
- Make sure to keep all pillows and bedding away from baby, to reduce risk of overlaying and overheating.
- If two caregivers are sleeping in bed with the baby, make sure they have separate duvets or blankets.
- The mattress must always tightly intersect with the bed-frame to leave no gaps or space.
- Never bedshare in a waterbed.
- Excessively long hair on a parent should be tied up to reduce the risk of entanglement around the infant's neck.

We appreciate that some are strongly for co-sleeping and some are strongly opposed to co-sleeping, but that, ultimately, many families make the decision to do so. We hope that any family that chooses to do so does so as safely as possible.

Whether a family chooses to co-sleep should be a decision the family makes after careful consideration, and, again, ideally, after consultation with the family medical provider.

### **Q- What is the point of the product if supervision is required?**

All babies require supervision. No product replaces parental supervision. Sleepyhead is a multi-functional baby and child product that provides a cozy and familiar place for a child to play and rest; however, Sleepyhead cannot replace a caregiver's supervision, and our products must be used in a child-safe and supervised environment. Supervision can be constant or intermittent, depending on the specific child's health, physical ability and current development stage in combination with outside factors such as the overall sleep setup and the combination of products and gear used. Many happy families enjoy using Sleepyhead to lounge around the house, for play time, for co-sleeping, and other uses.

### **Q- Is it safe to use for bedsharing?**

Co-sleeping is a personal choice made by families that we hope is only made after careful consideration and consultation with personal medical professionals. Any family who co-sleeps must be careful and mindful of the risks, including that there is a chance that the baby can suffocate if a parent (or pet) accidentally overlays the baby, that adult beds have pillows and blankets that pose a suffocation risk, and that a baby may fall or become entrapped if the baby scoots to the edge of the bed.

Non-smoking, sober breastfeeding mothers and partners who likewise accept and welcome and adopt safety precautions altogether make for the creation of the most safe bedsharing environment. A sleeping parent – who is not a smoker, not under the influence of sedatives, medication or drugs, nor intoxicated by alcohol or any other sort of substance that impairs judgment or consciousness – is what can be called semi-alert.

If a parent chooses to co-sleep with their child with the Sleepyhead, below are some suggestions on how to reduce risks:

- If bedsharing, both parents should agree and feel comfortable with the decision. Each bed-sharer should agree that he or she is equally responsible for the infant and acknowledge before sleeping that they are aware that the infant is present in the bed space. Do not place an infant in the bed with a sleeping adult who is not aware that the infant is in the bed with them.
- Always ensure the baby is on its back.

- Position the Sleepyhead securely in the middle of your bed, avoiding either end or side of the mattress to reduce the risk of a fall.
- Keep pets and siblings out of the bed.
- Do not co-sleep if a smoker.
- Persons taking sedatives, medications or drugs, or intoxicated from alcohol or other substances, or otherwise unable to arouse easily from sleep, should not co-sleep on the same surface with the infant.
- Make sure to keep all pillows and bedding away from baby, to reduce risk of overlaying and overheating.
- If two caregivers are sleeping in bed with the baby, make sure they have separate duvets or blankets.
- The mattress must always tightly intersect with the bed-frame to leave no gaps or space.
- Never bedshare in a waterbed.
- Excessively long hair on a parent should be tied up to reduce the risk of entanglement around the infant's neck.

We appreciate that some are strongly for co-sleeping and some are strongly opposed to co-sleeping, but that, ultimately, many families make the decision to do so. We hope that any family that chooses to do so does so as safely as possible.

Whether a family chooses to co-sleep should be a decision the family makes after careful consideration, and, again, ideally, after consultation with the family medical provider.