

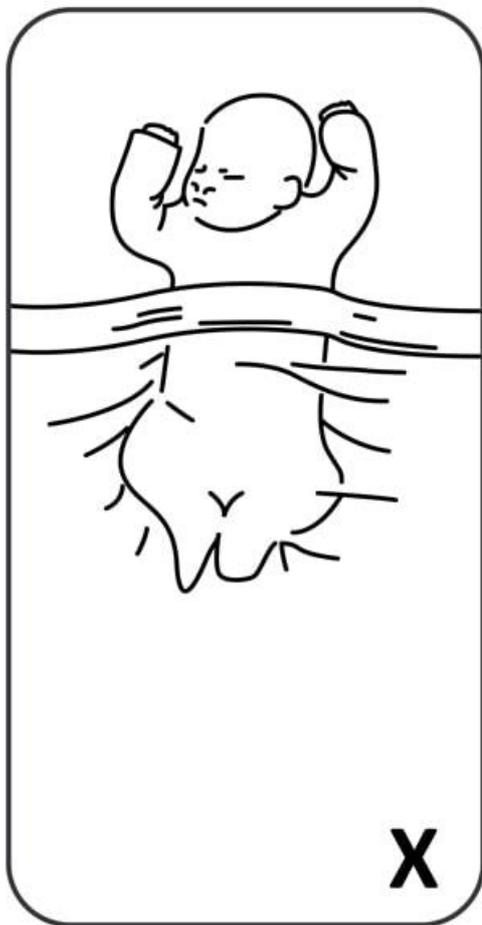
Sleep Essentials: Your Guide to Safe Sleep for Babies

When it comes to your baby's sleep, getting everything right can feel like a daunting task. However, help is on hand! We've collated all the best information from expert sources to help get you started.



YOUR BABY'S SLEEP POSITION

According to safe sleep experts, the best sleeping position for your baby is on their back in the 'feet-to-foot' position. The feet-to-foot position is where your baby's feet are at the end of the Moses basket, crib, or cot. When putting your little one down to rest, never put your baby to sleep on their front or side.



STAYING CLOSE TO YOUR LITTLE ONE

Safe sleep experts and the NHS recommend that the safest place for your baby to sleep in the first 6 months is in a cot or crib in the same room as you. This applies to both daytime naps as well as at night. A great way to do this is by investing in a bedside crib such as SnuzPod to keep your baby close by night and day, thanks to its removable bassinet feature..



BEST ROOM TEMPERATURE FOR BABIES

Ensuring your baby isn't too hot or cold is also important. The NHS state that babies can overheat due to excessive bedding or sleepwear, or because the room is too hot. Health professionals recommend maintaining a comfortable room temperature of between 16-20 C° (61-68 F).

Parents are also encouraged to check in on their baby regularly to make sure they aren't too hot or cold. Monitor your baby's temperature by gently placing a hand on the back of their neck. If it feels at all damp, or warmer than usual, consider removing layers to cool them down. When using a thermometer, place beneath your baby's armpit and gently, but firmly hold their arm down to get a more accurate reading.

Cot placement should also be considered. As babies are less able to regulate their temperatures, it is important that they are kept away from radiators or heaters of any kind to avoid them overheating. Keep clear of windows due to drafts, and ensure any curtain or blind cords are fastened and kept well out of your little one's reach.

PREPPING A SAFE SLEEP ENVIRONMENT

Along with regulating the temperature of your baby's sleep environment, there are several other things to bear in mind. Make sure your baby's cot or crib is clear of any unnecessary accessories. Keep bumpers, toys, and loose bedding away from your baby's sleep space for an uncluttered, safe sleep environment. Your baby should be sleeping on a firm, flat surface protected with a waterproof cover.

Ensure the gap between your baby's mattress and crib or cot is no more than 2cm wide, and do not use a duvet, quilt, baby nest, wedge or pillow if your baby is less than 12 months old. When it comes to baby bedding, less is more.

ONUPOD SAFE SLEEP TIPS

For the very safest experience for both you and baby when using your SnuzPod, we recommend the following:

- Never under ANY circumstances carry or move your SnuzPod or SnuzPod bassinet while your baby is inside
 - Do not use sleep positioners or baby nests within the SnuzPod bassinet
 - Use only until your baby is old enough to sit up unaided, when this happens, transition your baby to a cot
 - Don't allow pets or other children to be left unattended near your SnuzPod
- Do not introduce or leave any objects in the SnuzPod bassinet while your baby is sleeping

Follow these sleep tips and rest easy knowing your little one will enjoy a safe, comfortable night's sleep. For more expert sleep tips, hop onto our Instagram!

