

FX Swaddle Product Guide – Complete 2022

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FEATURES & BENEFITS SUMMARY

- Swaddles your baby in the naturally soothing fetal position – which provides optimum **comfort** and **reassurance**, **reduces overstimulation**, making your baby feel **calm, cosy** and **safe**.
- Patented design **emulates the natural essence of the womb environment** by swaddling your baby in the naturally preferred fetal flex position, while still suppressing the Startle (Moro) reflex. Fetal flex position + **suppressing startle reflex** = **better development**, more **self-soothing** and less spontaneous awakenings = **more sleep** for baby and **easier transition** out of swaddle = more sleep for mum and dad.
- Patented built-in **3-in-1 arm positions** (Arms-in, Arms-free, or Hands-free), provides a gentler way to transition your baby from 'womb to world', and from 'swaddle to sleeping bag'.
- The narrowed/tapered waistline design provides gentle pressure on baby's belly, which can **help ease colic** and **eliminate gas** related issues.
- **Hip-healthy** bell shaped design allows baby's hips and legs to flex and move naturally, which helps the hips develop normally.
- The design of the FX swaddle and the stretch organic cotton fabric **allows proper chest wall expansion**, allowing baby to breathe freely and minimising the risks associated with tight chest wrapping.
- Made with 90-95% breathable cotton and bamboo fabrics with 5-10% spandex for **optimum breathability, comfort and to reduce the risk of overheating**.
- Conforms to the **Australian safety standard AS/NZS 1249:2014**
- **Escape proof** zip-up design prevents baby escaping from the swaddle. Safer alternative to velcro wrap/strap or traditional blanket swaddles which can unravel and cover your child's face.
- Two-way zipper for **easy nappy changes**.
- **Super easy to use**, simply place baby in the swaddle and zip up. No wrapping required!
- **Easy cleaning/care**.

SIZING GUIDE

Use the sizing chart below to work out the correct size for your baby. Babies grow at different rates, and weight and height can vary significantly between babies of same age. Therefore, **we recommend choosing the swaddle size according to your baby's Weight or Height, whichever is greater of the two, instead of baby's age.** If you're not 100% sure about your baby's height or weight measurements, and are in doubt between two sizes, we recommend getting both sizes and you can return the one that doesn't fit. Please don't hesitate to contact us if you need any help.

Sizing Chart

Size	Size Code	Weight Range	Height Range	Approx Age
Tiny/Premmie	00000	2-3.3kg	44-50cm	33-39w (Gestational Age)
Newborn	0000	3.3-4.8kg	50-56cm	0-1m
Small	000	4.8-6.5kg	56-62cm	1-3m
Medium	00	6.5-8kg	62-68cm	3-6m
Large	0	8-9.3kg	68-74cm	6-9m

- All measurements are approximate and are for guidance only as all babies are different.

Which size should you get for your newborn baby?

There is no way to know exactly how much a baby is going to weigh until after the baby is born, or how fast the baby will put on weight and go up a size.

Most newborns however have a very strong startle reflex and therefore benefit from more restrictive swaddling. Which is why our newborn size is designed to be more snug fitting on the upper torso than the bigger sizes.

If you are in doubt between about newborn sizing, we recommend getting both the Newborn and Small sizes and you can return the one that doesn't fit.

STARTLE REFLEX SUPPRESSION AND FREEDOM OF ARM MOVEMENT

Below chart is a general guide to the startle reflex suppression and freedom of arm movement provided by the different weight and arm configuration of the FX swaddles. In addition to the above sizing guide, you can use this chart to give you a better idea which swaddle to get depending on your baby's individual preference and stage of development.

Table 1 compares the stretchability between different fabric/weight swaddles. The stretchier the fabric, the more freedom of movement but lesser startle reflex suppression.

Table 2 compares the startle reflex suppression and freedom of arm movement between different fabric/weight swaddles and the different arm configurations.

Table 1 Stretchability

Fabric/Weight	Stretchability
Light Weight Bamboo	VERY HIGH
Light Weight	HIGH
Standard Weight	MEDIUM-HIGH
Warm Weight	MEDIUM

Table 2 Startle Reflex Suppression and Freedom of Arm Movement

Fabric/Weight	Arm Position	Startle Reflex Suppression	Freedom of Arm Movement
Light Weight Bamboo	Arms-In	MEDIUM	MEDIUM
Light Weight Bamboo	Arms-Free	LOW	HIGH
Light Weight Bamboo	Hands-Out	NONE	VERY HIGH
Light Weight Bamboo (UPSIZE)	Hands-Out	NONE	VERY HIGH
Light Weight	Arms-In	MEDIUM-HIGH	LOW-MEDIUM
Light Weight	Arms-Free	LOW-MEDIUM	MEDIUM-HIGH
Light Weight	Hands-Out	LOW	HIGH
Light Weight (UPSIZE)	Hands-Out	NONE	VERY HIGH
Standard Weight	Arms-In	HIGH	LOW
Standard Weight	Arms-Free	MEDIUM	MEDIUM
Standard Weight	Hands-Out	LOW-MEDIUM	MEDIUM-HIGH
Standard Weight (UPSIZE)	Hands-Out	NONE	VERY HIGH
Warm Weight	Arms-In	VERY HIGH	LOW
Warm Weight	Arms-Free	MEDIUM-HIGH	LOW-MEDIUM
Warm Weight	Hands-Out	MEDIUM	MEDIUM
Warm Weight (UPSIZE)	Hands-Out	LOW	HIGH

DRESSING GUIDE

As a good starting point, we recommend that you dress your baby as you would dress yourself for the room temperature; comfortably warm, neither too hot nor too cold. Feel your baby's chest, tummy, or back regularly to check his/her temperature. It should feel comfortably warm, not too hot or cool to your touch. You can then add or remove layers as needed.

Remove some clothing if your baby is too warm. Your baby could be too warm if you notice sweating, damp hair, flushed cheeks, heat rash or rapid breathing. If you think your baby is unwell then you should seek medical attention.

You needn't worry too much if your baby's hands and feet feel cool. This is normal for babies due to their immature circulatory systems causing a delay in blood movement to the extremities.

Please note, all babies are different; additionally, other factors such as humidity in your region, whether there is heating in the house, and your baby's health (whether your baby has a cold or infection or another special need) can determine how you should dress your baby.

Light Weight Bamboo

The Light Weight Bamboo FX swaddle is made from a single thin layer of 90% bamboo 10% spandex (for extra stretch) fabric (approx 0.2 Tog), which is **similar to a light t-shirt** fabric. It is **suitable for summer use, but could be used all year around** depending on how you dress baby (underneath the swaddle) and the nursery temperature. You can layer baby underneath the swaddle as appropriate for the nursery temperature, for example:

- In warmer temperatures, dress baby (underneath the swaddle) in light clothing or just a nappy. Here are some additional suggestions:
 - Undo the bottom zipper so that swaddle is partially open from below chest to feet. This will allow more air circulation and keep baby cooler.
 - Keep nursery temp between 18 and 22 degrees if possible.
 - Consider using a fan in baby's room for better air circulation.
- In cooler temperatures, dress baby (underneath the swaddle) in warmer clothing. Keep nursery temp between 18 and 22 degrees if possible.

Light Weight

The Light Weight FX swaddle is made from a single thin layer of 95% cotton and 5% spandex fabric (approx 0.2 Tog), which is **similar to a light t-shirt** fabric. It is **suitable for summer use, but could be used all year around** depending on how you dress baby (underneath the swaddle) and the nursery temperature. You can layer baby underneath the swaddle as appropriate for the nursery temperature, for example:

- In warmer temperatures, dress baby (underneath the swaddle) in light clothing or just a nappy. Here are some additional suggestions:
 - Undo the bottom zipper so that swaddle is partially open from below chest to feet. This will allow more air circulation and keep baby cooler.
 - Keep nursery temp between 18 and 22 degrees if possible.
 - Consider using a fan in baby's room for better air circulation.
- In cooler temperatures, dress baby (underneath the swaddle) in warmer clothing. Keep nursery temp between 18 and 22 degrees if possible.

Standard Weight

The **Standard Weight** FX swaddle is made from a single layer of 95% cotton and 5% spandex fabric (approx 0.5 Tog), which is **similar to a t-shirt** fabric. It is **suitable for all year round use**. You can layer baby underneath the swaddle as appropriate for the nursery temperature, for example:

- In warmer temperatures, dress baby (underneath the swaddle) in light clothing or just a nappy. Here are some additional suggestions:
 - Undo the bottom zipper so that swaddle is partially open from below chest to feet. This will allow more air circulation and keep baby cooler.
 - Keep nursery temp between 18 and 22 degrees if possible.
 - Consider using a fan in baby's room for better air circulation.
- In cooler temperatures, dress baby (underneath the swaddle) in warmer clothing. Keep nursery temp between 18 and 22 degrees if possible.

Warm Weight

The **Warm Weight** FX swaddle is made from a single layer of 95% cotton fleece and 5% spandex fabric (approx 1.5 Tog), which is **similar to a sweatshirt/jumper** fabric. It is **suitable for autumn, spring, and winter** use. You can layer baby underneath the swaddle as appropriate for the nursery temperature, for example:

- During autumn and spring you may dress baby (underneath the swaddle) in light clothing or just a nappy.
- During winter you may dress baby (underneath the swaddle) in warmer clothing or in multiple layers.

- This dressing guide is for general guidance only as all babies are different.

INTRODUCING YOUR BABY TO A NEW SWADDLE OR ARM POSITION

Some babies may accept the new change to their sleep environment more easily than others, while others may take a little getting used to, particularly if they are already used to sleeping a certain way.

We recommend to introduce the new swaddle or arm position for the first few times, during your baby's best sleep (which is usually during the first part of the night), as this is when your baby's sleep pressure is higher and is likely to fall asleep more easily, provided your baby has had adequate day naps and is not overtired.

You can then gradually build up from there to the rest of the night/morning, followed by daytime naps (when your baby is likely to be more alert to any new changes in the sleep environment).

Some babies may require getting used to the new swaddle or arm position. It is often helpful to introduce the new swaddle or arm position for the first few times at bedtime when your baby's sleep pressure is higher. You can then gradually build up to the rest of the night, followed by daytime naps.

FX SWADDLE ARM POSITIONS

The FX Swaddle comes built-in with "3-in-1" arm positions (Arms-In, Arms-Free, and Hands-Out) to accommodate your baby's changing needs, preferences, and development stage.



ARMS-IN – recommended for newborn babies

This arm position provides a more restrictive/firmer swaddling of baby's arms and is ideal for babies with a strong startle reflex. Please note the swaddle needs to be snug fitting for arms-in position to work properly.

To place baby's arms in the arms-in position: Place baby's arms inside the swaddle, straight by the sides of the body, then zip up the swaddle.

Some babies may be able to wiggle their arms from arms-in position to arms-free, especially if the swaddle isn't sufficiently snug fitting. In which case we recommend the following method:

- 1) Turn sleeves outside-in and place them flat across the inside upper-back of swaddle.
- 2) Place baby inside the swaddle with arms straight by the sides or on top of the chest.
- 3) Zip up the swaddle making sure the sleeves remain pressed against the baby's upper-back.
- 4) Once zipped up, pull down on the swaddle by the sides to adjust.

- 5) You can further adjust the sleeves by pushing it through the inverted armholes.
- 6) If you find that the swaddle keeps riding up on your baby, you can fold the excess leg length underneath baby's legs or simply tie it with an elastic hair tie.

ARMS-FREE (FETAL FLEX) – recommended for newborn and younger babies

This arm position provides the most optimal position for a womb like environment, providing your baby the developmental and self-soothing benefits of having arms free, (similar to how it was in the womb) – while still suppressing the Moro/startle reflex. This is an ideal arm position for most babies.

Newborn and younger babies may not have sufficient control of their arms to self soothe on their own. Therefore we recommend keeping your baby's arms in the Fetal Flex position to provide baby with ample opportunity to practice self soothing while his/her hands are supported by the forearm sleeves.

To place baby's arms in the Fetal Flex position, simply place baby's **hands** and **forearms** (not entire arm) in the forearm sleeves and flip the built-in hand mittens over to cover baby's hands.

HANDS-OUT – recommended for older babies

The hands-out arm position allows baby full skin-to-skin access of hands and fingers. Out of the three hand positions, the hands-out position provides the most freedom of arm movement and least amount of startle reflex suppression. This arms position is ideal for babies with milder startle reflex and for transitioning out of the swaddle.

To place baby's arms in the hands-out position, simply place baby's arms in the sleeves with hands completely out and uncovered (hand mittens not in use).

- For babies showing signs of rolling, see further information below in section 'Smoother safer transitioning'.

IMPORTANT SAFE SWADDLING AND SLEEPING RECOMMENDATIONS

Safe swaddling recommendations

- A baby that is sick or with a cough should not be swaddled. Consult your baby's paediatrician about when baby is well and able to be swaddled.
- Do not use the swaddle if baby's head can pass through the neck-hole or if the neck-hole is too tight.
- To reduce the risks of overheating ensure that baby is not over dressed under the swaddle.
 - As a good starting point, we recommend that you dress your baby as you would dress yourself for the room temperature; comfortably warm, neither too hot nor too cold. Feel your baby's chest, tummy, or back regularly to check his/her temperature. It should feel comfortably warm, not too hot or cool to your touch. You can then add or remove layers as needed.
 - Remove some clothing if your baby is too warm. Your baby could be too warm if you notice sweating, damp hair, flushed cheeks, heat rash or rapid breathing. If you think your baby is unwell then you should seek medical attention.
 - You needn't worry too much if your baby's hands and feet feel cool. This is normal for babies due to their immature circulatory systems causing a delay in blood movement to the extremities.
- A baby must not be swaddled if sharing a sleep surface with another person.
- A baby must not be swaddled while sleeping in a baby sleeping bag.
- Always place baby on their BACK (never tummy or side) to sleep, in a CLEAR, FLAT and FIRM SLEEP SPACE.
- Always follow infant safe sleep practices and recommendations from children's health care professionals.
- As babies are particularly responsive to changes in care and environment:
 - Ideally, babies should be swaddled from birth or in the case of premature or sick infants as soon as the baby is medically well and able to be swaddled.
 - With older babies who are new to swaddling, it would be advisable for the caregiver to check baby frequently the first few times the baby is swaddled, e.g. try several daytime naps first before swaddling for longer periods of daytime or night time sleep.

Smother safer transitioning

- For smoother transitioning out of swaddling, start transitioning baby to hands-out position before baby begins to show signs of rolling from back to tummy (normally around 4-6 months but can be sooner for some babies).
- It is essential to discontinue swaddling (STAGE 1) as soon as the baby starts showing signs that they can begin to roll, typically occurring between 4-6 months but potentially sooner for some babies. At this point, we recommend transitioning to our 2-IN-1 Swaddle Transition Sleep Bag (STAGE 2), which is specifically designed for rolling babies. For more information, please visit our product page <https://sleepycompany.com/shop/transitionsleepbags>

Infant safe sleep recommendations

- Always place baby on their BACK (never tummy or side) to sleep, in a CLEAR, FLAT and FIRM SLEEP SPACE.
- Always sleep baby with face and head uncovered.
- Provide a safe sleeping environment night and day: safe cot, safe mattress, safe bedding and safe sleeping place.
- Do not use any soft items in the cot, such as: doonas and loose blankets, pillows, cot bumpers, lambs wool, soft toys and comforters.
- Sleep baby in a safe cot in parents' or caregiver's room for the first 6-12 months
- Keep baby smoke free, before and after birth
- Secondary or new caregiver should be made aware of the baby's usual sleeping environment and practices.

SWADDLING BASICS

What is the Moro reflex?

It's common for most babies (who are not swaddled to sleep) to wake up frequently during sleep from being disturbed by their own Moro reflex. The Moro reflex, or startle reflex, is an involuntary motor response that babies develop in the womb between 28-32 weeks of gestation and usually disappears when the baby is around 3-6 months of age. It is usually triggered by sudden movements, loud or unfamiliar sounds, intense light, or sensation of falling (e.g. when a caregiver lays baby down or picks him/her up). Moro reflex involves the baby suddenly extending and spreading out his/her arms (abduction), followed by pulling in his/her arms (adduction) in front of his/her body, and usually followed by crying.

What is swaddling?

Swaddling is an age-old practice of snugly wrapping babies in blankets or sheets to restrict their movement. Swaddling can help calm baby, reduce crying time, shorten periods of distress, and improve sleep. Particularly, swaddling baby's arms close to the body to restrict arm movements inhibits the Moro reflex, therefore helping the baby sleep better.

Risk of improper swaddling

Traditionally babies have been swaddled with a large square or rectangular blankets (or sheets). There are many methods/techniques to swaddling a baby with a blanket – giving caregivers the flexibility of being able to use different techniques depending on baby's changing needs.

However, there is a degree of skill and learning involved in being able to swaddle correctly with a blanket. Learning to swaddle correctly requires lots of practice and patience and may not always be ideal.

Unfortunately, improper swaddling is not only ineffective, but is also a safety risk. Some of the known risks of improper swaddling include:

- Tight swaddling of the baby's legs has been associated with an increased incidence of Hip dysplasia or dislocation.
- Tight swaddling of the baby's chest has been associated with an increased risk for pneumonia.
- On the other hand, the baby can usually break free from the swaddle if wrapped too loosely. The loose blanket becomes a strangulation and suffocation hazard.
- Heavily wrapping the baby, or swaddling the baby with his/her head covered can cause overheating.

What is a safe swaddle?

Whether you are using a traditional blanket or a swaddling product/garment to swaddle your baby; in order for the swaddle to be comfortable and safe:

- It needs to be wrapped snugly around baby, whilst ensuring there is enough space for some movement, airflow and chest wall expansion, yet it should not be too loose that baby will break free causing risk of suffocation.
- Baby's hips and legs should be free to move and bend.
- Baby should not be overwrapped in too many layers.
- Preferably, baby should have access to hands to aid development of important midline and self-soothing behaviours as well as neurological and motor development.

WASH AND CARE INSTRUCTIONS

Wash before first use / close zipper before washing / cold gentle machine wash in a wash bag with similar colours / do not soak / do not bleach / do not tumble dry / pull to shape and line dry in shade / cool iron if required / do not iron zipper / do not dry clean

Winter drying tip

The Warm Weight FX Swaddle can take some time to dry in colder weather. For faster drying, you can place the swaddle in the dryer in a low-temperature setting; you can also part air-dry and then finish off in the dryer. It's a good idea to have at least another spare FX Swaddle handy, one to wash and one to wear.

FIRE WARNING

Fire hazard labelling as per AS/NZS 1249: **WARNING - HIGH FIRE DANGER KEEP AWAY FROM HEAT AND FLAME**



Why does the FX swaddle have a fire warning label?

The fire warning label is part of the Australian mandatory safety standard for children's nightwear AS/NZS 1249. It acts as a reminder for parents to keep their babies/children away from fire and open heat sources. It also helps remind parents that children's nightwear should not be used as daywear or dressing gowns in living areas.

GOT ANY QUESTIONS?

Feel free to email us at info@sleepycompany.com with any questions, and one of our customer support team will get back to you in timely manner.