



## Everyone, please ...

Every time I sleep here,  
check that I am safe.

- ✓ on my back
- ✓ my face stays clear
- ✓ free from smoke
- ✓ my carer near

Summary of international research evidence (2014)

## WARNING

**FALL HAZARD:** This sleep space is portable. Take extreme care with placement when baby is in it. Always place on a flat, level and low surface, protected from falling objects, direct sun, heaters, hot surfaces, water, sliding, being stood on, being sat on, unsupervised toddlers and pets, and anyone impaired by alcohol or drugs. Carry with two hands.

**STOP USING:** This sleep space is for young babies unable to roll. Stop using at 6 months or earlier, if your baby outgrows it, starts to roll, or there are any safety concerns from your baby's increasing mobility.

**SAFETY BRIEFING:** This sleep space has been developed to help protect babies from accidental suffocation. The period of increased risk is 0 to 5 months. The risk locations are in, or on, adult beds, on couches or when makeshift beds are needed. This sleep space is **not a cot or bassinet**. It must be handled with care and used as instructed in the safety briefing available at [www.pepipod.co.nz](http://www.pepipod.co.nz). It must only be used with the supplied mattress.

## CARE INSTRUCTIONS

- Air the mattress daily to avoid dampness. The cover is moisture-resistant and can be wiped with a damp cloth.
- Wash all bedding items on a normal cool, or warm, wash cycle (max 40°C) with regular washing powder.
- Wash strong colours separately.
- Line dry. Or, tumble dry on a gentle cycle and low heat.
- Merino needs regular airing, but only occasional washing. Merino fibres do not trap moisture or smells.

## SAFETY BRIEFING

*Important understandings about protecting babies from accidental suffocation. Please discuss with your health professional and view the online safety briefing.*

### 1. How do babies get their oxygen?

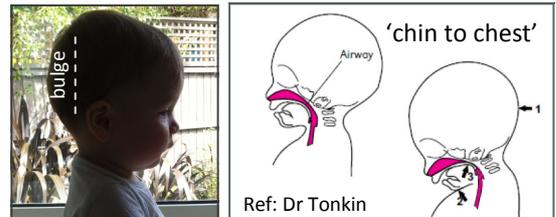
Through tubes. Before birth, babies get oxygen through blood vessels in the umbilical cord. Once born, they get it through airways. A curled 'chin-to-chest' position of the neck can be dangerous for young babies.

### 2. What can slow or stop the flow of oxygen?

Smoking is a major cause of reduced oxygen supply to babies before birth. Once born, a narrowed or blocked airway will slow or stop oxygen from reaching a baby.

### 3. Why are younger babies more vulnerable?

Babies are not mini adults. Their systems take time to mature. Because babies only breathe through their noses for the first 4-6 months, and have large heavy heads and loose jaw joints, certain conditions and positions can lead to narrowed or blocked airways.



### 4. How do babies suffocate?

There are 4 ways that airways can block, and babies suffocate:

- a covered face (from loose or soft bedding, or pillows)
- pinched nose (from becoming wedged into gaps)
- 'chin to chest' position of the neck, (from slumping)
- pressure on or against the chest (from people)

### 5. How can the pēpi-pod® sleep space support babies?

It enables parents to provide the same conditions for sleep and settling wherever their baby may sleep. It provides extra protection from potential threats to breathing when babies sleep in, or on, adult beds, on couches, or when make-shift beds are needed.