

ePregnancy

Sweet Dreams

By Dawn Friedman

Whoever coined the old adage “sleeping like a baby” must not have had an infant.

When my son, Noah, was born a few years ago, my difficulty at getting a fussy baby to sleep was compounded by his mid-winter arrival, which made me worry he would get too cold. Noah’s kicking feet and flailing arms threw off his blanket several times a night. As a typical nervous new mother, I got up every half-hour to painstakingly tuck him back in. This made it impossible for me to take everyone’s advice and sleep when he slept. How I wish I had taken a tip from European parents and tried out an infant sleeping bag!

Long a staple overseas, baby sleeping bags, also called wearable blankets, are just now gaining the popularity they deserve here in the states. On top, they look like overalls. The bottoms are sewn up like bell-shaped nightgowns. Baby keeps cozy no matter how she tosses and turns, but her movements aren’t restricted. And diaper access is easy with quick zips and snaps.

An infant sleeping bag will help you sleep easier, too. By tucking baby into one, you’re creating a much safer sleep environment than when you depend on quilts, comforters or loose blankets. With soft bedding, your baby risks rebreathing (taking

in her own oxygen-depleted breath) and overheating, both of which may contribute to Sudden Infant Death Syndrome.

So how do these bags work? Simple! Dress your baby in pajamas appropriate for your climate and then pop her into whichever sleeping bag suits the season. Baby sleeping bags don’t replace jammies; you use them as you do your own bedding. Heavier versions will get you through Montana winters, while lighter styles ward off air-conditioning chill. Whatever your nursery décor or climate, you’re sure to find a bag to suit your needs and soothe your nighttime worries!



^ Cloud B LullaBag

The brainchild of two sleep-deprived mamas, Cloud B is a company that works to help families get the rest they deserve. As part of their unique Sleep System, the LullaBag comes in both a small and large size to fit babies up to a year old. Zips and snaps make for a secure fit. Cloud B offers a variety of pretty designs and fabrics including fleece, sherpa or quilted cotton, and prices range from \$33.00-\$49.00. To find them online, go to ePregnancy.com, scroll down the home page to the Go Codes section and enter 7824.

<< Halo Sleep Sack

Halo Innovations, Inc. is built around the passion of its founder, William Schmid. Mr. Schmid lost a daughter to Sudden Infant Death Syndrome in 1991. The Halo Sleep Sack springs from his commitment to helping other babies stay safe. Available in fleece, micro fleece and flame-retardant cotton, every Halo Sleep Sack is embroidered with a “back to sleep” reminder (doctors agree that putting your baby on her back to sleep is safest) to help grandparents and childcare providers remember this important baby sleep rule. The Sleep Sack comes in small, medium or large sizes for babies from birth to 18 months, and zips from top to bottom for easier diaper changes. These Sleep Sacks sell for about \$28.95, and a percentage of Halo’s profits go to the First Candle/SIDS Alliance. Find them online at Go Code 7823.



^ Kiddopotamus BeddieBye

Kiddopotamus offers another innovative product for parents with their lightweight, flame-retardant, micro-fleece BeddieBye. 4 adjustable shoulder tabs wrap baby in a comfortable, secure fit. The zipper runs all the way around the bag, making it easy to tuck in a sleeping baby without disturbing her slumber. Available in two sizes to give babies up to 20 pounds and 28 inches lots of room to kick and stretch safely. The BeddieBye sells for \$15.00. Go Code 7825