

# Sleep Sack<sup>TM</sup> Wearable Blanket Frequently Asked Questions:

## How do I use the HALO® SleepSack<sup>™</sup>?

Slip the SleepSack<sup>™</sup> wearable blanket over your baby's regular sleepwear as a replacement to loose blankets. You will normally want to put a "onesie" or long sleeve sleeper on underneath the wearable blanket depending on your nursery temperature. Don't put anything on your baby's head to prevent overheating. The SleepSack<sup>™</sup> wearable blanket will keep them just right!

Can I start using a larger-sized SleepSack<sup>™</sup> wearable blanket on my newborn and then he/she can just grow into it? HALO® DOES NOT recommend using a SleepSack<sup>™</sup> wearable blanket that does not correspond to your baby's current size. The purpose of the wearable blanket is to keep your baby from having any excess material that may bunch up around the baby's nose or mouth. If the baby is wearing a wearable blanket that is too large, there is a potential for the baby to slip through the neck hole or bunch up the excess material around his or her face, potentially causing the baby to rebreathe their own carbon dioxide.

Is the HALO® SleepSack<sup>™</sup> wearable blanket flame-resistant? YES. HALO® wearable blanket materials have been tested to meet U.S. children's sleepwear flame-resistant standards. Their fleece products are inherently flame resistant, because they are polyester. HALO® 's cotton products have passed the testing without having to add any chemicals. No chemicals have been added to their products.

How does the HALO® SleepSack<sup>™</sup> wearable blanket and SleepSack<sup>™</sup> Swaddle wearable blanket reduce the risk of SIDS? Bedding that bunches up around a baby's mouth and nose can cause dangerous rebreathing of carbon dioxide. The SleepSack lessens the likelihood of infants getting blankets over or around their face. With the SleepSack all loose bedding is removed. These products have been designed without sleeves to reduce the risk of rebreathing into a heavy sleeve and to reduce overheating another cause of SIDS.

## Does any of my purchase go towards charity?

YES, HALO Innovations donates a percentage of all SleepSack<sup>™</sup> wearable blanket sales toward supporting SIDS (Sudden Infant Death Syndrome) medical research, education and family services. How did Halo Innovations receive the First Candle/SIDS Alliance recommendation?

The First Candle/SIDS Alliance and its Medical and Scientific Advisory Council reviewed the HALO® SleepSack<sup>™</sup> wearable blanket and felt it offered a safer alternative to loose blankets in the crib and was designed with great attention to safety detail - so much so that they made the HALO® SleepSack<sup>™</sup> wearable blanket the first product ever recommended by their organization.

Can I USE a regular crib bumper with the HALO  $\ensuremath{\mathbb{R}}$  Active-Airflow  $\ensuremath{^{\text{TM}}}$  crib mattress?

HALO® DOES NOT recommend using a standard bumper pad. While some people find crib bumpers desirable, conventional bumpers can be dangerous because of the gap between the mattress and the bumper. Babies can trap their arms, legs and even heads between the bumper and the mattress.

### Why are there no sleeves?

No-sleeve design makes it easy for parents to slip the SleepSack<sup>™</sup> wearable blanket on and off the baby. (Even while baby is already sleeping!) It also reduces the chance of baby rebreathing into the excess material that a sleeve entails and it reduces the risk of overheating.

### Why is the ZIPPER upside down?

The zipper was designed to minimize the chance of your baby unzipping it during the night. It makes it easier to change diapers because you won't have to disrobe the baby in order to do so. It also eliminates the "pinch point" that most sleepers have with the zipper pull at the top.