



Getting Started Guide

Meet The Top Rated 5-in-1 Children's Sleep Device

Hi.
Bonjour.
Hola.





Welcome to the
#DreamMachineTeam
and thank you so much for
choosing *Baby Dream Machine™*

Baby Dream Machine was created by two moms, who were tired of being tired. With their combined backgrounds in professional sleep training and in developing award-winning children's products, they were eager to explore natural and organic solutions that could help settle their little ones and help them get a good night's rest... And that is when Baby Dream Machine was born.

In the journey to create Baby Dream Machine, we've worked with the world's best **sleep trainers, industry experts and scientists** to develop a product that helps your child get a good night's sleep while using the most **natural** and **scientifically proven methods**.

Sleep is an essential part of development in infants and children. Studies have shown that sleep is **critical** to their growth, immunity, attention span, learning and much more. This is why we have a firm belief in promoting **healthy, natural sleep habits** from an early age and Baby Dream Machine™ was designed to aid in exactly this.

At The Baby Dream Company our mission has always been to develop natural, safe, high-quality products that help promote quality sleep in children of all ages. Our flagship product, Baby Dream Machine, is our first of many and it has already helped thousands of families around the world get a good night's rest.

You are one step closer to that good night's sleep now that you have your Baby Dream Machine™. Wishing you and your little one the sweetest dreams tonight.

Xo

The Baby Dream Machine Team

What's Included

For full Setup and Safety instructions, please read the User Manual included in the box.

INSIDE THE BOX:

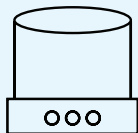
1x Baby Dream Machine™



Top Basin Cover – Bear Head



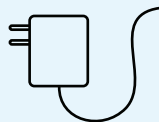
Water Basin Lid



400ml Water Basin



Base



1 x
Power
Adapter



1 x
User
Manual



1 x
Water
Measuring
Cup



1 x
Getting
Started
Guide

MISSING SOMETHING?

CONTACT US - hello@thebabydreammachine.com

The Science

Baby Dream Machine uses a proprietary, scientifically proven combination of natural sleep inducing methods to help your child sleep. These include Red Light Therapy, Pink Noise, Humidity and Aromatherapy. Find out more about how they aid in sleep below:



Humidifier / Aromatherapy

The optimal humidity levels for sleep are between 40-60%. It's unlikely your home's meeting this threshold if you're cooling/heating it artificially. Scientists have found that by sleeping in a room that's the right humidity, you can increase the median number of hours spent asleep versus sleeping in a drier one.

Aromatherapy can aid in getting quality sleep. Essential Lavender Oil is known to help calm, soothe and relax. This can be especially important during your bedtime routine. The Baby Dream Machine™ Essential Oils are 100% pure and organic and made in USA.



Red Light Therapy

Melatonin is a hormone that is released in our bodies to help us fall asleep. Red Light Therapy aids the body in natural melatonin production. Exposing your child to red light before bedtime & during sleep will help them produce more melatonin and thus help them fall and stay asleep.



Pink Noise

Pink Noise, while sounding similar to White Noise, is actually a mix of high and low frequencies that is more balanced and natural than White Noise. Studies have shown that listening to Pink Noise induces more stable, deep sleep while improving sleep quality dramatically.

Your First Night... Tips & Tricks

Most parents experience sleep success with the Baby Dream Machine™ after 2-7 nights of consistent use. You will have to experiment and find the settings that work best for your child. We are here to help you every step of the way. Here are our recommended settings for your first few nights:

1

Setup your Baby Dream Machine™ about 4-8 FT away from your child and as close to eye level as possible.

2

Use the included Fill Cup to add desired amount of water to your Baby Dream Machine™

Tip: Filling water to maximum (400mL) will provide mist for 7-10 hours.

See full Humidifier Timing Guide on next page.

3



Turn Power to **ON** using button at back of machine.

4



LIGHT

Set Light to Medium Red setting.

See full Light Button settings in our User Manual

5



PINK NOISE

For children <2 years old we recommend turning the Pink Noise on MEDIUM volume. For children >2 years old, we recommend setting the Pink Noise on HIGH volume.

See full Sound Button settings in our user manual

6



HUMIDIFIER/AROMATHERAPY

Set Mist button to Medium setting. If choosing to use Aromatherapy mode with Baby Dream Company 100% Organic Essential Oils, please follow our age appropriate Aromatherapy Guide on next page.

See full Humidifier/Aromatherapy Button settings in our User Manual



TIP

For greatest sleep success, we always recommend setting up your Baby Dream Machine™ at least 10-15 mins before bedtime, especially when using the Aromatherapy option.




FUN FACT

The Baby Dream Machine™ White Light setting can be used during bedtime story time, before turning it to the Red Light Therapy setting.

Aromatherapy Guide

The Baby Dream Machine™ doubles as a ultrasonic cool-mist humidifier AND essential oil diffuser for aromatherapy. If you are choosing to use the aromatherapy option, with The Baby Dream Company 100% Organic Essential Oils, please follow chart below when adding oil drops to the water basin.

CHILD AGE	DROPS RECOMMENDED	AVAILABLE ONLINE
< 3+ Months	N/A	
3-5 Months	1-2	
6-12 Months	2-3	
1-2 Years	2-4	
2-4 Years	4-5	
4-6 Years	5	
6+ Years	5-6	

It is recommended that Baby Dream Machine is used exclusively with the Baby Dream Company Essential Oils, **available for purchase online at www.thebabydreammachine.com**, or in select retailers. These oils are 100% Certified Organic and custom blended to work with our device.

Humidifier Timing Guide

WATER LEVEL - ml	TIME - HOURS
150	1-3
250	3-6
400 (<i>Maximum</i>)	7-10



Mist timing range dependent on Mist Intensity setting. 150mL of water at LOW Mist setting would last 3 hours.

Tips From Our Sleep Experts





5 Tips for Sleep Success with Children

From **DANA OBLEMAN**

Sleep Expert & Author of The Sleep Sense Program. Since 2003 Dana has helped over 100,000 parents like you find a quick, gentle solution to their children's sleep problems.



Create a cool (approximately 65-70°F or 19-22°C), quiet sleep environment. Mobiles, music, and can actually be more stimulating than soothing for your baby and can inhibit their ability to get to sleep. Whereas Pink Noise, emitted from the Baby Dream Machine can induce sleepiness.



Avoid overtiredness! Missing naps and late bedtimes will make it harder for your baby to get to sleep and stay asleep through the night. Set a schedule for naps and bedtimes and stick to it rigorously.



Turn down the lights and turn off all screens at least 1 hour before bedtime. Screens of all kinds emit a large amount of blue light and inhibit the production of melatonin.



Do your best to avoid feeding, or rocking your baby right to sleep. Teaching your baby to fall asleep independently is the key to getting them sleeping soundly and peacefully through the night.



A predictable, regular bedtime routine is the most effective way to set baby up for a great night's sleep. Start with a bath, offer a feed, get into PJs and finish off with some soothing songs and stories.



Ready For Routine: Introducing Bed and Nap Time Routines

From LAURA COLACCI

Twin Sleep expert and founder of New Moon Sleep Co. Laura provides gentle sleep support and loves helping tired families get their sleep back.

You can begin to introduce a short bedtime routine to your baby very early on. Establishing a consistent nap and bedtime routine will help signal to your little one that it is time for sleep. For some babies, bath time is a great way to unwind. For others, not so much. Try to keep bedtime soothing and relaxing for all. Every child has different needs. You can follow the steps provided below in whichever order you please, and do what works best for your family. Bedtime routine should last between 20-30 mins. Naptime routine should be a condensed version of your bedtime routine.

Recommended Steps Include:

- Bath *(if your baby does not enjoy bath do not make this part of your bedtime routine.)*
- Clean hands + face
- Massage
- Turn Baby Dream Machine™ on *(With Red Light + Pink Noise Settings)*
- Diaper change
- PJ's
- Feed
- Brush teeth
- Sleep sack on
- Story
- Say goodnight to objects in the room *("night night teddy")*
- Kisses/cuddles
- Down for sleep *(awake + drowsy = calm and ready for sleep!)*
- "Night Night" or Sleepy Phrase, like "Sleep tight"

TIP



Children thrive with routine! After you have established your baby's bedtime + naptime routine, follow the steps in the exact same order. Consistency is key.

Setting You Up For Sleep Success

Logging your baby's sleep and wake cycles can help you learn if your baby is getting enough (or too much) sleep. It can also help you identify patterns and celebrate sleep successes. Tracking your baby's sleep can also be a great tool to solve your baby's sleep troubles.

Use the following page to track your little one's sleep over the next several days. It is simple, just color/shade the squares in which your baby is sleeping to keep track of their sleep progress with Baby Dream Machine.

If you need additional log pages, please visit:
www.thebabydreammachine.com

FREE PERSONALIZED SLEEP GUIDES

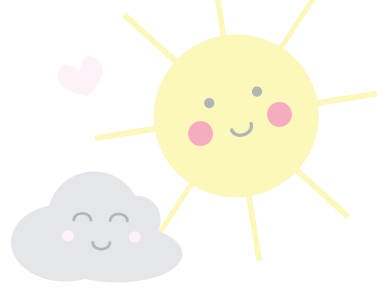
We are here to help you every
step of the way!

If you have questions, email us at
hello@thebabydreammachine.com
and one of our

Baby Dream Sleep Team members
will be happy to help you.



*See full Terms & Conditions on our website www.thebabydreammachine.com



Sleep Log



6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM
------	------	------	------	-------	-------	-------	------	------	------	------	------

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



Awake
No shading



Sleep
Shading





Need Help?

We are here for you!

WE ARE WITH YOU EVERY STEP OF THE WAY

KEEP IN MIND: Most children require 5-7 nights of consistent routine in order to see improvement in their sleep patterns. After 7 nights with your Baby Dream Machine™ you should start to see positive changes in your child's sleep patterns. If you are not, please contact us and one of our agents will be able to help you and give you age appropriate settings and tips.

It is very normal to sometimes experience 'sleep regression' during the first few nights of any new routine. This is because your child is adapting to the changes in his/her sleep routine. So keep at it for at least 7 nights to experience the full benefits.

File a ticket on **www.thebabydreammachine.com** and one of our agents will be happy to help you!