

4th October 1999

Miriam Rutherford
Safe T Sleep
c/o Counter # 52 NZPO
TAKANINI
Auckland

Dear Madam,

During the Parent Show in Christchurch on 11-9-99 I discussed with you how your Safe T Sleep had assisted one of my new born twins who was having breathing problems. At the end of our conversation you requested a written detailed account of my experience.

On the 4th April 1998 while I was 30 weeks into pregnancy with twins boys I went into sudden labour. Mitchell David was born naturally at 10.25 am and his brother Gerald Scott by Caesarean at 10.47 am. Both boys were immediately placed in the NICU (Neonatal Intensive Care Unit) at Christchurch Women's Hospital.

During the next 28 days both boys progressed to the stage where they could be moved from their incubators into a shared cot. About two days after this Mitchell showed signs of having "EVENTS" (heart rate and oxygen saturation drop) in layman's terms Stop Breathing.

Mitchell was then transferred to Christchurch Public Hospital for a 24 hour sleep study. This showed Mitchell to be having 240 bradyadia's, over that 24 hour period. It was then back to NICU and into the cot with his brother where he remained on breathing monitor for a month of close monitoring. Another sleep study needed at the end of this period determine of his conditioned improved.

Soon after the return of Mitchell to the unit after his 1st sleep study I sat and watched him for the best part of a day. I realised very quickly that his events were happening when he slipped down his cot. To determine if this was a contributing factor to his condition I went out and purchased a SAFE-T-SLEEP. By the time the next Sleep Study was carried out Mitchell was having NO bradycardia's.

I left hospital with both boys when they were 85 days old. I continue to use the SAFE-T-SLEEP for both my boys. At the time of writing this letter my boys are 17 months old and both enjoy good health. I firmly believe that the use of the SAFE-T-Sleep was a major contributing factor in Mitchell quick recovery from his events.

Yours Faithfully

Jan Heward