

**6<sup>th</sup> September 1993**

Dear Ms Rutherford

I am writing to thank you for creating Safe-T-Sleep – a fabulous product.

My daughter is now 10 months old and until 2 weeks ago sleeping was always a haphazard, will – she- or – wont – she affair, resulting in an over-tired baby at 9.30pm and worn-out mum and dad!!

Now, since using SafeT-Sleep, I put her to bed awake knowing that she cannot get up and start walking round the cot crying (pitiful and dangerous), this has made my husband and I a lot happier. Using Dr. Christopher Greens Sleep Programme in conjunction with Safe-T-Sleep now means she is asleep within 5 minutes on average.

I recommend this to all frustrated parents who cannot leave their babies to scream for hours standing in their cot (like the Lesley Centre Sleep Programme Suggests).

So thank you for allowing my husband and I to enjoy our evenings, for making bed-time relaxed and for enabling my daughter to fall asleep happily.

Yours faithfully

Denise Parker

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Up until a week ago the longest sleep my daughter Alexandra has had since birth was 3 hours. (she is now 11 months old).

After trips to doctors a paediatrician and a chiropractor I finally accepted the fact that there were no medical explanations for her unusual sleep disturbance. In desperation I considered “sleep programs” but was reluctant to let her cry herself to sleep as she would stand in her cot and just not give up. So I held out a little longer and discovered Miriam and the “Safe-T-Sleep”.

I was encouraged to give this product a try as I realised that Alex liked to feel pressure on her body to keep her still and lying down which enabled her to return to sleep after a wakeful period.

So armed with the Safe-T-Sleep and a very subtle sleep program my husband and I planned to try for two weeks to see some improvement.

Three days later we scrapped the sleep program and let the Safe-T-Sleep take over. She was sleeping 7-8 hours at a stretch!!

The Safe-T-Sleep seemed to make Alexandra feel more secure during her night waking so that she did not need to call out for help to be put back to sleep. It is quite unbelievable how quickly her sleep pattern has changed and so impressed am I with the results that I am positive came about with the use of the Safe-T-Sleep that I thoroughly support Miriam in her marketing venture.

This product is going to bring much relief and security to all caring parents once it is widely available.

Many thanks for the opportunity to use the Safe-T-Sleep Miriam.

Karen Williams

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**20<sup>th</sup> December 2000.**

To whom it may concern,

In 1992 I was involved in a survey that tested the Safe-T-Sleep bedwrap.

My findings then were overwhelmingly in favour of this product enhancing safe and secure sleep for babies and toddlers.

It provides parents with another choice of providing a safe sleeping environment.

Although not involved in the same field today I continue to highly recommend this product to new parents.

Regards,

Margaret Briggs. R.Comp.Nurse.IBCLC.

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Dear Miriam

I thought I would drop a quick line to let you know how happy I am that I took your advice and purchased a Safe T Sleep.

After recently attending the Parent & Child Show & also previously 'thinking' about buying one, we finally shelled at the money, (although quite sceptically) and purchased one.

I now realise that the peace of mind I get, and quality of sleep my little Jessica gets was well worth it, and the Safe T Sleep is a priceless gift.

I'm not going to hesitate in recommending this product to anyone I know, & appreciate the time you took to explain the benefits in the Safe T Sleep to me.

Yours Sincerely

Nicloe Tucker (happy mum)

& Jessica (content baby)

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SUE CAMPBELL

CHILD Safety Officer

Plunket Society

Dear Sue,

I have carried out a trial of the Safe-T-Sleep, designed by Miriam Rutherford, in the above unit.

We run "Sleep Programmes" in this unit, and we offered it to mums who were having problems with children sleeping for a varying number of reasons. These people took it, knowing it was trial basis and had not had any recommendations from Plunket. I was overwhelmed at the response of the survey. For mothers it was the solution to their problem. It was safe and secure, children or babies could come to no harm, and mums got that much needed sleep that for many had been elusive for many months.

Since the trial has stopped, we have continued to have many requests for the use of the Safe-T-Sleep. I now refer all those contacts to Miriam herself.

I believe that this Safe-T-Sleep is a product that we can suggest for using in promoting safe sleeping positions. Some babies and young children need to learn to sleep, and at least Safe-T-Sleep will provide parents with another choice.

Yours faithfully.

Margaret Briggs

Plunket Nurse/ Lactation consultant.

Dear Miriam,

Thank you for sending my order so quickly.

My little boy was 6 months old and was waking every 1 ½ - 2 hours all night. He had been sleeping through most nights until he was 3 ½ mths old when I transferred him to his cot.

David cut his two front teeth then and got into the habit of waking all the time. I'd go in to check on him & he'd be jammed in a corner with no blankets or had his arms or legs through the bars.

As I was due to go back to work & wanted to start feeling human again I was willing to try anything.

The first night with the Safe T Sleep David woke at 2am. I went & picked him up & then put him straight down again. He cried for about 5-10 minutes & woke again at 5am. This was the pattern for 3 nights & now he sleeps through till 5-6 most mornings. His cot is always fairly tidy & I think he likes the security of being tucked in nice & firm like he was in his bassinette without him wriggling round the cot all night his toys stay within reach for him to play with as well.

Anyway it's done the trick!

Thank you vey much.

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**2-8-92.**

Ref: Safe-T-Sleep Trial.

The finished wider model is far superior to the narrower ones I had used. The base band fits very snugly around the cot mattress and the wider waist band is less prone to wrinkling. Happily for Alexandra, she appears to be able to maintain the great amount of movement she obviously enjoyed in the first trial product/ as to date she has not been able to pull the velcro apart.

We're having very peaceful nights

Many thanks for those Miriam!

Karen Williams

Mother of Alexandra aged 14 months.