

# Euky Bear™



*sweet dreams*

The essential baby sleep aid



nature + science

## *sweet dreams little one*

A sleeping baby is magical. From birth we all have the ability to sleep, but babies can need our care and guidance.

A consistent bedtime routine is key; and sleep cues including light, sound and touch can also play a role in letting your little one know it's time to rest.

**We've partnered with leading field experts to create the ultimate sleep aid for you and your baby.**

With pink noise, red light technology and aromatherapy, Sweet Dreams is designed to help your baby naturally drift off to sleep more easily and settle through the night; and that equals sweet, sweet rest for the whole family.





James Alan Slater

**Tips from a  
Children's  
Sleep Expert**

*James is a clinical scientist and researcher who has worked with world leading hospitals and universities in Australia, helping children and their families unlock the secrets of sleep.*



## Let's get started.

Every child is different, so consider this as a guide. Whatever you choose to include in your routine, aim to keep it:

- **Easy and simple** - you'll know what you and your baby respond to best.
- **Calming** - encourage family 'wind down time'. Dim the lights and put away bright or noisy toys at least 30 minutes before baby's bedtime.
- **Consistent** - sometimes life throws routine out, just do your best to keep it the same.

### From newborn:

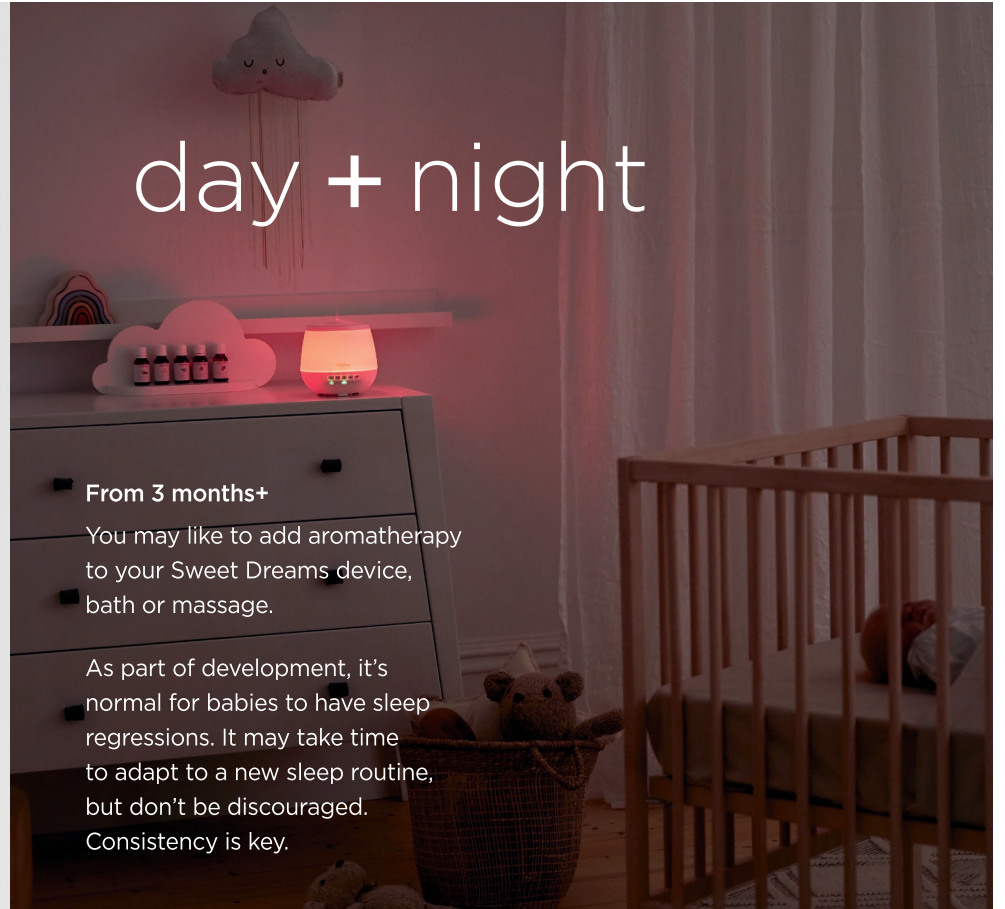
1. Prepare anything you'll need during baby's wind down time. Set up your Sweet Dreams device one metre away from the cot or bed.
2. Give baby an optional warm bath or massage.
3. Check room temperature, make sure baby is changed, comfortable and fed.
4. Time for a cuddle; an important bonding time. Settle baby in the cot while drowsy (but before they're asleep).
5. Turn on the red light and choose from the soothing sounds.

# day + night

### From 3 months+

You may like to add aromatherapy to your Sweet Dreams device, bath or massage.

As part of development, it's normal for babies to have sleep regressions. It may take time to adapt to a new sleep routine, but don't be discouraged. Consistency is key.





# sound + light

## Sound features

### Pink noise

A soothing, deeper sonic 'hue' than white noise. When you hear steady rain or hear rustling leaves, you're hearing pink noise. Pink noise is known to help relax and calm little ones for a restful sleep.

### Heart beat

A recognisable sound which helps baby feel secure, mimicking the conditions they experienced in utero.

### Waterfall

One of the most soothing and rhythmic of nature's sounds.

### Lullabies

Our bespoke lullabies are composed to a calming beat to assist relaxation.

## Light features

### Red light therapy

Supports the functioning of the body's natural circadian rhythm, or sleep cycle, which assists babies to fall asleep more easily and settle through the night.

### Breathing red light

This variation softly dims then brightens creating a focal point for baby, useful for settling your little one for rest.

### Rainbow

Rotates through 8 soothing colour options. Use before sleep or through the day.

### Fixed light

Choose your favourite colour to remain on before sleep, or by day.



# touch + smell

## Baby massage & aromatherapy

Help soothe common baby upsets with nature's gentle touch.

Our carefully crafted blends of essential oils are designed with the littlest ones in mind. Add one of these in your Euky Bear Sweet Dreams sleep aid, or dilute in carrier oil for massage or bath (from 3 months+).

- Sleepy Time • Sniffly Nose
- Tummy Ease • Cuddle Calm
- Bee Happy



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For more information & sleep tips visit [eukybear.com.au](http://eukybear.com.au)