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### SwaddleMe Original Swaddle

# SwaddleMe Original Swaddle Instruction Manual

Comprehensive guide for the SwaddleMe by Ingenuity Original Swaddle, 100% Cotton, 3-Pack - Busy Bees.

## PRODUCT OVERVIEW

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The SwaddleMe Original Swaddle is designed to provide a secure and cozy, womb-like feeling for newborns, helping to calm the startle reflex and promote better sleep. Made from 100% soft cotton, this adjustable baby wrap is an essential part of Stage 1 in the SwaddleMe Stages of Sleep, suitable for infants who are not yet rolling over.

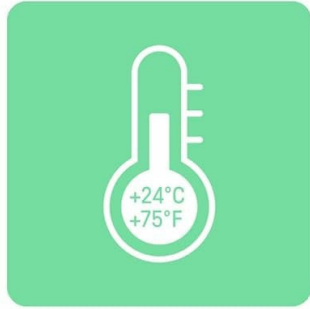
This product includes a 3-pack of swaddles in the charming Busy Bees design, ensuring you always have a clean swaddle ready for your baby.



Image: Three SwaddleMe Original Swaddles in various designs, including yellow stripes, solid green, and a white swaddle with a busy bees pattern. These are the 3-pack included with the product.

## KEY FEATURES

- **100% Cotton:** Crafted from soft, breathable cotton for ultimate comfort against your baby's delicate skin.
- **Stage 1 Swaddle:** Specifically designed for newborns (approximately 0-6 months) who prefer to be swaddled with their arms in and are not yet showing signs of rolling over.
- **Safe and Secure Design:** Creates a snug, womb-like environment that helps prevent the startle reflex, promoting longer and more peaceful sleep.
- **Adjustable Fit:** Features adjustable wings for a perfect, snug fit as your baby grows.
- **Machine Washable:** Easy to clean and maintain for repeated use.
- **Multiple Sizes Available:** Available in various sizes to ensure the best fit for your baby's weight and length.



0.5 TOG  
For rooms:  
25°C+ / 75°F+



Adjustable fit



Prevents startle reflex



100% cotton

Image: Visual representation of key features including temperature regulation (0.5 TOG), adjustable fit, prevention of startle reflex, and 100% cotton material.

## SETUP AND USAGE INSTRUCTIONS

Follow these steps to properly swaddle your baby using the SwaddleMe Original Swaddle:

1. **Position Baby:** Lay your baby on their back in the open swaddle. The top of the swaddle should be at shoulder level.
2. **Secure Inner Flap:** Place your baby's right arm alongside their body, slightly bent. Wrap the left wing over your baby's torso and tuck it under their right arm. Secure the hook-and-loop fastener.
3. **Secure Outer Flap:** Place your baby's left arm alongside their body, slightly bent. Wrap the right wing over your baby's torso and secure it to the left wing with the hook-and-loop fastener. Ensure the swaddle is snug around your baby's torso but allows for hip movement.
4. **Check Fit:** The swaddle should be snug but not too tight. You should be able to fit two fingers comfortably between the swaddle and your baby's chest. Ensure your baby's hips and legs can move freely to prevent hip dysplasia.

The SwaddleMe Original Swaddle is designed for Stage 1: Arms-In swaddling. This stage is for newborns who are not yet rolling over. Once your baby shows signs of rolling over, it is time to transition to Stage 2

products, which allow for arms out.

# STAGES OF HEALTHY SLEEP

## STAGE 1: ARMS-IN

Compression and wrap swaddling with both arms in. Use until baby is showing signs of being ready to roll over.



**STAGE 1**  
0-3 months

**STAGE 2**  
3-6 months

**STAGE 3**  
3-18 months

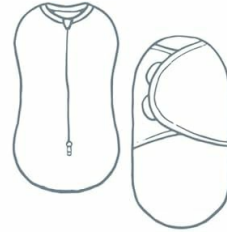
Image: A baby comfortably swaddled in the SwaddleMe Original Swaddle, demonstrating the correct "Arms-In" position for Stage 1 sleep.

# STAGES OF HEALTHY SLEEP



## STAGE 1 Arms-In

Compression and wrap swaddling with both arms in. Use until baby is showing signs of being ready to roll over.



## STAGE 2 Transition

Compression and wrap swaddling with that starts with the womb-like coziness of both arms in, and transitions to one or both arms out.



## STAGE 3 Arms-Out

Relaxed-fit wearable blanket keeps babies and toddlers warm and safe.



Image: A visual guide detailing the SwaddleMe Stages of Healthy Sleep, showing how the Original Swaddle fits into Stage 1 (Arms-In) and the progression to Stage 2 (Transition) and Stage 3 (Arms-Out).

## CARE AND MAINTENANCE

To ensure the longevity and hygiene of your SwaddleMe Original Swaddles, please follow these care instructions:

- **Washing:** Machine wash cold with like colors.
- **Drying:** Tumble dry low. Do not iron. Do not bleach.
- **Fasteners:** Close hook-and-loop fasteners before washing to prevent lint buildup and damage to other garments.

## TROUBLESHOOTING

If you encounter any issues while using your SwaddleMe Original Swaddle, consider the following:

- **Baby Breaking Out of Swaddle:** Ensure the swaddle is snug enough around the torso. The adjustable wings should be securely fastened. If your baby is consistently breaking out, they might be ready for a

larger size or the next stage of sleep products (Stage 2: Transition).

- **Swaddle Appears Too Tight/Loose:** Refer to the sizing guide. The swaddle should be snug but allow for two fingers to fit between the swaddle and your baby's chest. Ensure there is ample room for hip and leg movement.
- **Baby Crying While Swaddled:** Check if the baby is too hot or cold, hungry, or needs a diaper change. Ensure the swaddle is not too tight. Some babies may simply prefer their arms out, indicating readiness for Stage 2.
- **Baby Rolling Over:** If your baby shows any signs of rolling over from back to stomach, discontinue swaddling with arms in immediately. This is a safety concern, and it's time to transition to a SwaddleMe Stage 2 or Stage 3 product.

## PRODUCT SPECIFICATIONS

Attribute	Value
Brand	SwaddleMe
Material	100% Cotton
Color	Busy Bees (3-pack includes assorted designs)
Special Feature	Durable, Adjustable Fit, Prevents Startle Reflex
Style	Modern
Recommended Age/Weight (Small)	0-3 months, 7-14 pounds, up to 26 inches
Recommended Age/Weight (Large)	3-6 months, 14-18 pounds, up to 33 inches
TOG Rating	0.5 TOG (for rooms 25°C+/75°F+)



21.0 in



12.5 in

**SMALL/MEDIUM**  
0-3 months • 7-14 lbs

Image: Dimensions and sizing information for the SwaddleMe Original Swaddle (Small/Medium size).

## WARRANTY AND SUPPORT INFORMATION

Specific warranty details for the SwaddleMe Original Swaddle are not provided in this manual. For information regarding product warranty, returns, or customer support, please contact SwaddleMe directly through their official website or the retailer where the product was purchased.

You can visit the official SwaddleMe store for more information and product offerings: [SwaddleMe Store on Amazon](#).