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Hatch Rest 2nd Gen User Manual

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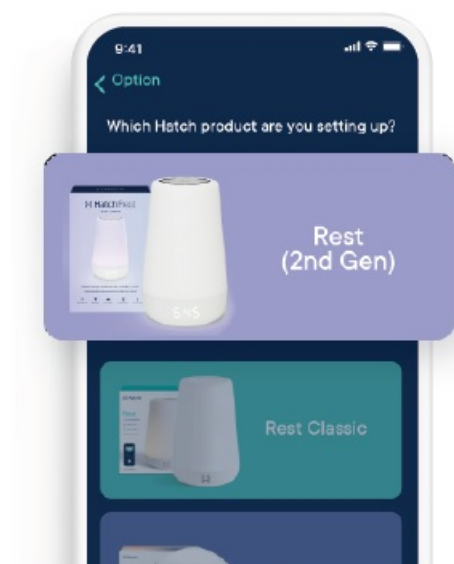
Hatch Rest 2nd Gen

USER MANUAL

Get started

1. Plug it in
Connect the custom power cable to Rest then plug it into your power outlet.

2. Download the app

Download the Hatch Sleep app to your phone or tablet from the Apple App or Google Play store.

3. Connect your Rest
Follow the steps in the app to connect your Rest (2nd Gen). Setup will take about 10 minutes.

Get to Know Your Hatch Rest

Brightness Control
Press to increase or decrease brightness.

Nightlight Button
Press to turn on a soft white light.

Dimmable Clock
Illuminate the clock using your Hatch Sleep app.

Volume Control
Press to increase or decrease volume.

Power Cable Port
Connect your device here.

Touch Ring
Tap the touch ring to turn on your Rest. Tap the touch ring again to cycle through light and sound favorites. Touch and hold the touch ring to turn off your Rest.

Things to try

Cycle through favorites
Tap the touch ring to cycle through light and sound favorites created to help aid sleep — yellow to red hues are recommended by experts designed to help promote sleep.

Customize a routine
Personalize a routine to fit your child's schedule, choosing from the range of colors and sounds in the Hatch Sleep app. Try the Time-to-Rise routine to let your child know when it's time to get up.

Try Hatch Sleep Membership*
Make bedtime simple and fast with content designed to help kids wind down and dream. Try calming lullabies for babies, snoozy singalongs for little kids, and sleepy stories to help big kids fall asleep fast.

*Activate Hatch Sleep Membership in app

Recommended Routines

These are favorite routines shared by real Hatch parents. The Hatch Sleep app will provide personalized sleep routines for your child.

For Babies
White noise can mimic the sounds of the womb and block out unwanted noise.

For Babies

White noise can mimic the sounds of the womb and block out unwanted noise.

Yellow Light
+
White Noise

For Little Kids

Little kids do well with visual and sound cues. Try pink for nap time and green for playtime.

Pink Light
+
Soft Thunder

Green Light
+
Astro Adventures

For Big Kids

Big kids love to get up early, so set a time-to-rise routine when you're ready for their day to begin.

Orange Light
+
The Calm Corner

Green Light
+
Birds

For Little Kids

Little kids do well with visual and sound cues.
Try pink for nap time and green for playtime

For Big Kids
Big kids love to get up early, so set a time-to-rise routine when you're ready for their day to begin.

Hatch Sleep Membership

Help your child wind down with an ever-growing library of bedtime stories, lullabies, and sleep sounds

- **Baby**

  Calming lullabies and sleep singalongs to relax to at bedtime.
- **Little Kid**

  Sleepy stories, calming lullabies, and snoozy singalongs help toddlers fall asleep fast.
- **Big Kid**

  Gentle music, mini meditations, and bedtime yoga helps big kids relax and wind down.

Care and safety

Care Instructions
Unplug Rest before cleaning. Clean the surface with a damp cloth, avoiding the power cable port.

CAUTION: Rest may be damaged if the power cable port comes into contact with liquid.

For Your Safety & Your Child's Safety
Always keep Rest at least three feet away from children as the cord can pose a strangulation hazard. Do not use near or place in water.

DOWNLOAD

Hatch Rest 2nd Gen User Manual – [**Download PDF**]