

About the

outlook[®]

sleep pod[™]



PRODUCT FEATURES

The on-the-go sleep shade created to help your baby take a nap in the buggy. Lets air in but keeps cold winds and strong sunlight out. Simply lower the blackout blind to block sun and distractions when baby needs to sleep. Or raise it when baby wants to see out.

- Fits most prams and pushchairs including Front Facing, rear Facing and travel systems
- Helps maintain your baby's sleep routine
- Flexible, all year round protection From sun, glare, wind and cold
- Use indoors or outdoors to block light and distractions at nap-time
- Check on baby quickly and quietly
- Made with breathable sun protection Fabric
- Screens glare to protect delicate eyes in viewing mode
- Central panel opens Fully For easy access
- Suitable From birth to 4 years
- Pocket sized – packs into handy storage pouch



sleep aid



breathable



screens UV & glare



universal fit



suitable for 0-4 years

DID YOU KNOW?

Enjoying the Fresh air and sunlight may help your baby sleep better at night

In a study by researchers at Liverpool's John Moores University, the babies who slept badly at night were exposed to half as much daylight between midday and 4pm as the good sleepers!



roll up blackout blind when not in use

breathable UPF Fabric blocks 94% UVA & UVB

zip up mesh viewing panel screens glare and 73% UVA & UVB

Folds into built-in pouch





DID YOU KNOW?

Babies need some sunshine each day to produce vitamin D

But the amount of time your baby needs in the sun to make enough vitamin D is short and it is important to find a good balance between sun exposure and protection. Little and often is best.²

WILL THE SLEEP-POD™ PROTECT MY BABY FROM THE SUN?

Sleep-pod™ is primarily designed as a well-ventilated year round sleep aid but it does offer very good protection in all seasons, including sunny, windy and cold conditions. The breathable UPF fabric blocks 94% of harmful UVA and UVB rays.

When the blind is used over the mesh panel the double fabric layer offers over 99% UV protection.

The single mesh layer used in the solar-screen™ viewing panel screens 73% of UVA and UVB rays and is designed to protect delicate eyes and skin whilst allowing good airflow and vision.

DID YOU KNOW?

New research links UV exposure to cataracts later in life

UV penetrates deeply into our cells and can cause eye damage as well as sunburn. It is important that your child's eyes are protected by a good quality sunshade or sunglasses.

HOW TO USE THE OUTLOOK SLEEP-POD™



1 SNOOZE

When you want your baby to sleep simply unroll the blackout blind and fix it to the Velcro® tabs on the bottom of the sleep-pod™ to block out bright light and distractions. To check on baby quickly and quietly you can peek around the open sides.

The Outlook team says: "Use SNOOZE mode to help maintain your baby's sleep routine when you are out and

about – just drop the blackout blind to encourage your baby to switch off at naptime. On warm days we recommend you use SNOOZE mode with the mesh folded away just until your baby falls asleep; then switch to HALF BLIND or OPEN mode to allow maximum airflow."



2 VIEW

On a sunny or bright day you can use the sleep-pod™ in VIEW mode when your baby is awake (blackout blind rolled up, mesh zipped up. Outlook's tried and tested solar-screen™ mesh panel gives effective sun and glare protection (screening 73% of UVA & UVB), yet still allows good vision and ventilation.

The Outlook team says: "Children need sunlight to aid in the production of vitamin D, which is vital for your child's health. This is one of the reasons the solar-screen™ viewing panel is designed to filter sunlight, rather than block it completely."



3 HALF BLIND

You can also use the blackout blind as a sun visor to give maximum protection for eyes and skin from harmful UV rays. Use it with or without the mesh zipped up beneath. To do this fold it up and attach it to the Velcro® tabs underneath the top of the blind. The Outlook team says: "Many sleep experts recommend teaching your baby the difference between night

and day by allowing some light for daytime naps, as this can help in establishing a good night-time sleep routine. HALF BLIND can be useful if you'd like to screen bright light and distractions without blocking the light completely."



4 OPEN

The large central panel opens for easy access to your child. Roll up the blackout blind and secure it by fastening the elastic hoops to the toggles at the top of the blind. The solar-screen™ mesh folds into the built-in pocket at the bottom of the shade.

The Outlook team says: "You can leave the sleep-pod™ in place once naptime is over – we recommend you use the solar-screen™ viewing panel on a sunny day, or fold both layers away if sun or glare protection is not needed. The sleep-pod™ gives some overhead and side protection from the sun even in OPEN mode."

TOP TIP

On warm sunny days use SNOOZE mode with mesh folded away just until your baby falls asleep; then switch to HALF BLIND or OPEN mode to allow maximum airflow.

EASY TO FIT

Sleep-pod™ is easy to fit to just about any pram, stroller or travel system with a canopy, including front facing, rear facing and even twin and tandem models with individual hoods over each seat (simply use one sleep-pod™ per child).

To fit, place over your stroller's canopy and pull down under the foot rest.

Use the elasticated hooks to attach the sleep-pod™ securely to your pram or pushchair. These can be hooked onto one another behind the pram, or wrapped around the pram frame and hooked back around the strap.

To view product fitting demonstrations go to www.outlooktm.com/sleeppod.

Reference: 2. For more information visit www.sunsmart.org.uk/advice-and-prevention/vitamin-d

VIEW MODE
FILTERS SUNLIGHT
TO AID IN VITAMIN D
PRODUCTION