How to Swaddle

Step 1: Position the swaddle as shown, with its wings open wide and blanket pulled down. Place your baby in the center of the swaddle. Use the internal leg pouch for your baby's safety and to offer a snug fit in earlier months until your baby is both more than 23” long and more than 1 month old. Legs can be placed over the leg pouch after your baby is over a month old and longer than 23”.
Step 2: Secure the blanket on top of your baby as shown. In this position, the Loving Embrace side weights are flat against the infant's sides from under the arms down to the legs, the Peaceful Touch center weight is between the chest and stomach and the top edge of the blanket is under your baby's neck, never over nose or mouth.

Step 3: Secure the left swaddle wing over your baby's right shoulder and under the arm and back of the opposite side.

Step 4: Secure the right swaddle wing over your baby's left shoulder and under the back of the opposite side. Fasten using Velcro. Always make sure that the swaddle isn't too tight by slipping your hand under the swaddle.

FAQ: Product Use

How does the Zen Swaddle™ work?
The Zen Swaddle™ relies on the soothing response triggered by our nervous system to touch stimulus. Touch, either from a person or object, helps regulate stress. In addition, the swaddle construction helps babies sleep through the disruptive startle reflex. Thus by combining the self regulating effect of touch with time-tested benefits of swaddling the Zen Swaddle™ calms your baby to sleep and ensure that he or she stays asleep.

Is the Zen Swaddle™ only for babies with sleep problems?
While the Zen Swaddle™ is effective at helping to solve sleep issues, the benefits extend beyond sleep. The Zen Swaddle™ provides the comfort and security your baby found in the womb and through your touch, thereby helping to boost his or her immune system and overall socio-emotional well-being.

How do I know if the weight of the accessories is right for my baby?
We calibrated the appropriate weight for the Peaceful Touch™ and Loving Embrace™ using industry standards for weighted blankets, which provide allowable pressure per square inch for a given body weight. We then adjusted it further for your baby’s safety while maximizing comfort and effectiveness.
What is used to weight the Peaceful Touch™ and Loving Embrace™?
Each accessory is weighted with poly-beads that are free of harmful chemicals.

How should I use this product?
Swaddling instructions with helpful illustrations can be found under the How to Swaddle section.

What is the interior pouch used for?
You may place your baby’s legs into the interior pouch to create a snug fit for the Zen Swaddle™ when he or she is younger. It helps foster the cocoon-like feel of the product and aids your baby in sleeping through the startle reflex. As your baby gets older, you may choose to forgo the interior pouch so he or she can have more legroom.

Do I have to place my baby’s feet into the interior pouch?
For smaller babies, the pouch provides added safety and prevents babies from sliding down. It is also designed to help young babies sleep through the startle reflex by keeping their legs snug. Use the pouch until your baby is at least 1 month old and 23 inches long. Your baby may prefer to have his or her legs free inside the Zen Swaddle™ as he or she grows longer than 23 inches, has straighter legs and no longer fits inside the pouch.

Is the Zen Swaddle™ only to be used at night or can my baby wear it for naps as well?
The Zen Swaddle™ is equally effective for naps and nighttime sleeping.

Can I wash the Zen Swaddle™?
Yes, the Zen Swaddle™ can be washed frequently. The garment’s construction ensures filling stays in place through repeated washings. To protect the quality of fabric, we recommend washing in cold water, on a gentle cycle and drying using low heat. A cool iron can be used to ease away wrinkles.

Where can I purchase the Zen Swaddle™?
Visit our Product Information page to check the list of retailers carrying
the Zen Swaddle™. If you do not see a retailer near you, please drop us a line with a store suggestion. We will be sure to contact the retailer and bring our products closer to you.

**MOM OF AN 6-WEEK-OLD**

"There have been improvements in my little one’s sleep... The interesting thing is she woke three times during the nap but she was able to soothe herself [back to sleep] all three times."

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**FAQ: Product Safety**

**What is the level of safety testing performed on the Zen Swaddle™?**

At Nested Bean we take infant safety very seriously. Therefore when it came to designing and developing the safest product for your baby, we worked with multiple safety laboratories, all of whom are accredited by the Consumer Product Safety Commission. To ensure safety in both design and quality, we involved safety firms at multiple stages of our product’s design and development, always ensuring the highest level of compliance.

**Does the Zen Swaddle™ meet all current safety standards?**

The Zen Swaddle™ has undergone tests to meet both mandatory as well as voluntary safety standards to ensure that our product is of the highest quality. Our materials are designed to withstand frequent spit-ups and the subsequent multiple washes as well as your little one’s vigorous kicks and wiggles.

**Will my baby be overheated with these layers and extra weights?**

Temperature control is important, as newborns are not good at regulating their own temperatures. The temperature in your baby’s room should feel comfortable to an adult in light clothing. The light-weight fabric of the Zen Swaddle™ ensures your baby will not overheat due to swaddling alone. The filling density in the weighted parts of the swaddle is kept to the minimum to balance effectiveness and your baby’s safety.
Are there any safety tips or precautions before I use this product?

• When laying baby down for swaddling ensure proper positioning of swaddle wings and weighted areas around your baby, by placing infant’s shoulders no lower than 1 ½ inches below the top edge of the back panel.

• Do not allow infants to slide down inside swaddle. Place infants less than 23” tall or less than 1 month old with feet always inside pocket and pull pocket over waist. Fold any extra fabric at the bottom of the swaddle up over torso and secure with swaddle wings.

• Swaddle wings must be securely tucked under your infant’s body. However, ensure swaddle is not too tight by slipping your hand between baby and swaddle; it should feel snug but not uncomfortable.

• Ensure Loving Embrace™ is placed on each side starting under infant’s arms down to the thigh. Do not allow to move up onto infant’s chest.

• Ensure the Peaceful Touch™ is always placed on the lower chest and the top edge of blanket covering the baby is always at the chest level, never above your infant’s neck or covering his or her nose and mouth.

• Never use swaddle with products with restraints such as car seats, strollers, swings, etc.

What safety precautions should be used when swaddling?

• Experts say proper swaddling reduces the risk of SIDS. However following safe swaddling practice is just as important for the safety of your baby.

• A swaddle must be securely tucked under infant’s body. However ensure that swaddle is not too tight by slipping an adult hand between baby and swaddle; it should feel snug but not uncomfortable.

• Never swaddle using any product when baby is sick, has cough or fever to prevent restriction in breathing.

• Always place baby on their back to sleep, especially when swaddled.

• Always remove swaddle from crib when not in use.

• Never use a swaddle with products with restraints such as car seats, strollers, swings, etc.

How do I create a safe sleep environment for my baby?
• Do not use any objects such as pillows or soft toys in your infant’s sleeping environment.
• Never place your swaddled infant on soft surfaces such as your bed, a couch, an air mattress etc. as your baby can rollover and suffocate.
• Never sleep with your child in an adult bed, an adult can roll over of an infant and suffocate them.
• Place your baby to sleep in an appropriate sleep product such as a crib, cradle, or bassinet.
• Use discretion when using any covering on your infant in warm rooms. Take care and periodically check that your baby is not overheated. Overheating may be a factor in SIDS. Do not over bundle.
• Always provide supervision for continued safety of your child. When not sleeping, never leave your baby unattended.