

Instruction manual and safe sleep guidelines



groeggTM

The colour changing
digital room thermometer

Introduction to the Gro-egg

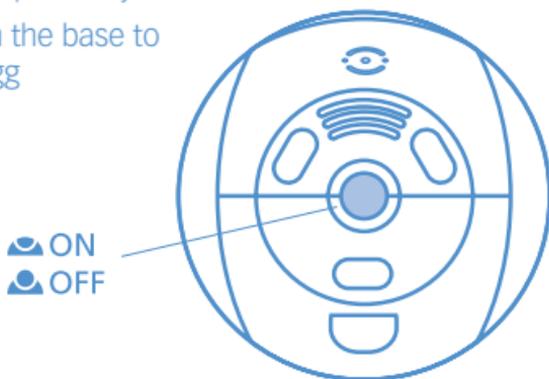
The correct room thermometer is vital for creating a safe sleeping environment for a baby. Health professionals recommend that the room that your baby sleeps in should be maintained at 16–20°C to help reduce the risk of cot death. The Gro-egg, the colour changing digital room thermometer, is another clever innovation to help promote safer sleep for babies from the people who brought you the Grobag® baby Sleeping bag.

The patented Gro-egg glows yellow if the room temperature is within recommended guidelines (16–20°C). If the room temperature is outside this range, take action to cool or heat the room, or adjust the baby's bedding or clothing.

This leaflet contains information about how to use your Gro-egg and how to achieve a safer sleeping environment for your baby. Please retain this leaflet for future reference.

Getting Started

- 1 Remove all protective packaging. Insert the power adapter into the back of the Gro-egg and plug it into a normal 240V socket in the room your baby is sleeping in
- 2 Tips for placing your thermometer:
 - Do not place the thermometer over or very close to a radiator, in direct sunlight or by an open window
 - Make sure that the thermometer is placed out of reach of your baby's cot, and that the power lead is not able to be reached or pulled by a toddler
- 3 Press the button on the base to turn on your Gro-egg



Please note that the Gro-egg displays the room temperature (not the temperature of your baby).

Remember to check your baby regularly to make sure he or she is not too hot or cold. If in any doubt, please consult your health professional.

Using your Gro-egg

Your Gro-egg displays the exact room temperature in °C, and will display one of four colours depending on the room temperature.

Please see the chart following:

Blue ☹️	Yellow 😊	Orange	Red ☹️
Too cold	Recommended	Warm	Too warm
Under 16°C (Under 61°F)	16–20°C (61–68°F)	21–24°C (68–75°F)	Over 24°C (Over 75°F)

If the room temperature is outside the recommended guidelines (shown by the yellow colour) there are 3 actions that you can take:

1 **Cool or heat the room**

For example, by opening or closing a window or door or using a thermostatically controlled heater or radiator

2 **Adjust the bedding**

Increase or reduce the amount of bedding. For example, for Grobag baby sleeping bag users choose a different tog rating (0.5, 1.0 or 2.5 tog). For those with traditional sheets and blankets, add or remove layers

3 **Adjust the baby's clothing**

Reduce or increase the number of layers of clothing your baby is wearing

Please note, always remember to check your baby regularly to make sure he or she is not too hot or cold. To check if your baby is too hot look for sweating or feel the baby — don't worry if hands or feet are cold, that's normal. If in any doubt, please consult your health professional.

Quick reference guide

Use the table below to help choose the level of bedding and clothing for your baby. These are recommendations only and you will soon discover the best level of clothing for your individual baby.

Information for Grobag baby sleeping bag users

	Blue ☹️ Too cold	Yellow 😊 Recommended	Orange Warm	Red ☹️ Too warm
Room temperature	Increase room temperature if possible	Maintain room temperature	Decrease room temperature if possible	Decrease room temperature if possible
Bedding	2.5 tog Grobag baby sleeping bag	2.5 or 1.0 tog Grobag baby sleeping bag	1.0 tog Grobag baby sleeping bag	0.5 tog Grobag baby sleeping bag
Clothing	Long-sleeved bodysuit/sleepsuit/pyjamas	Bodysuit/sleepsuit	Bodysuit	Short-sleeved bodysuit or just a nappy

Please note, Grobag baby sleeping bags are designed to be used instead of blankets or sheets. Never use with a duvet or quilt as this increases the risk of cot death.

Information for sheets and blanket users

	Blue ☹️ Too cold	Yellow 😊 Recommended	Orange Warm	Red ☹️ Too warm
Room temperature	Increase room temperature if possible	Maintain room temperature	Decrease room temperature if possible	Decrease room temperature if possible
Bedding	Sheet and 3 lightweight blankets	Sheet and 2 lightweight blankets	Sheet and 1 lightweight blanket	Sheet only or no sheet
Clothing	Nappy, vest and sleepsuit	Nappy, vest and sleepsuit	Nappy, vest and sleepsuit	Nappy, vest and sleepsuit

Frequently Asked Questions

Q. It's warm weather and my Gro-egg is on red and showing the unhappy face. What shall I do?

- A. Take action to reduce the room temperature, bedding and clothing. If it is not possible to bring the room temperature down then you may need to remove all bedding and clothing from your baby, leaving them in just a nappy. Additionally you could use a fan to move air around the room (ensuring it is not within reach of your baby or pointing directly at your baby) and give your baby extra drinks. In extremely warm temperatures, sponge your baby down with luke warm water, If in doubt contact your health professional.

Q. It's cold weather and my Gro-egg is on blue. What shall I do?

- A. Take action to increase room temperature, bedding and clothing. We recommend using a thermostatically controlled heater in the room where the baby is sleeping, which saves your central heating being on a all night (make sure that neither the heater or cable are within reach of your baby's cot). Increase the level of clothing, but always make sure your baby's head is uncovered. If your baby has become cold, give them a warming cuddle or a warm drink before returning them to their cot with extra clothing/bedding.

Q. My Gro-egg doesn't read the temperature I think it should.

- A. The Gro-egg will indicate the temperature of the surrounding air, so cold drafts and adjacent heating will both affect the reading.

Q. I can't see the colour of the Gro-egg very well in daylight.

- A. The colours on the Gro-egg are designed to glow gently and be visible in very low level light or dark conditions. In lighter conditions use the digital readout.

Q. I have plugged in my Gro-egg but the product doesn't seem to be on.

- A. Check that the round switch on the base of the Gro-egg is indented in the 'on' position. Check that the power supply lead is securely in place at the back of the Gro-egg.

Safer sleeping information

Safety is at the heart of everything that Grobag does, and Grobag work in partnership with FSID (Foundation for the Study of Infant Deaths), a leading baby charity to promote a safer sleeping environment for babies.

“ Babies who get too hot are at an increased risk of cot death... getting a room thermometer will help you create a safer sleeping environment for your baby ” Joyce Epstein, Director of FSID

fsid

Giving babies the
chance of a lifetime

Reg Charity No: 262191

Creating a safer environment for your baby

- Cut smoking in pregnancy — fathers too! And don't let anyone smoke in the same room as your baby
- Place your baby on the back to sleep (and not on the front or side)
- Do not let your baby get too hot, and keep your baby's head uncovered
- Place your baby with their feet to the foot of the cot, to prevent them wriggling down under the covers
- Never sleep with your baby on a sofa or armchair
- The safest place for your baby to sleep is in a crib or cot in a room with you for the first six months
- It's **especially** dangerous for your baby to sleep in your bed if you (or your partner):
 - are a smoker, even if you never smoke in bed or at home
 - have been drinking alcohol
 - take medication or drugs that make you drowsy
 - feel very tired;or if your baby:
 - was born before 37 weeks
 - weighed less than 2.5kg or 5½ lbs at birth
 - is less than three months old
- Don't forget, accidents can happen: you might roll over in your sleep and suffocate your baby; or your baby could get caught between the wall and the bed, or could roll out of an adult bed and be injured
- Settling your baby to sleep (day and night) with a dummy can reduce the risk of cot death, even if the dummy falls out while your baby is asleep
- Breastfeed your baby. Establish breastfeeding before starting to use a dummy

For further information please see www.fsid.org.uk

FSID helpline UK Tel: 020 7233 2090

For more information about the Gro-egg and Grobag baby sleep bags, or to find out more about how to create a safer sleeping environment for your baby, please visit www.grobag.com or call UK Tel: +44 (0)844 557 2960

For more clever products from the little big ideas company check out **gro.co.uk**

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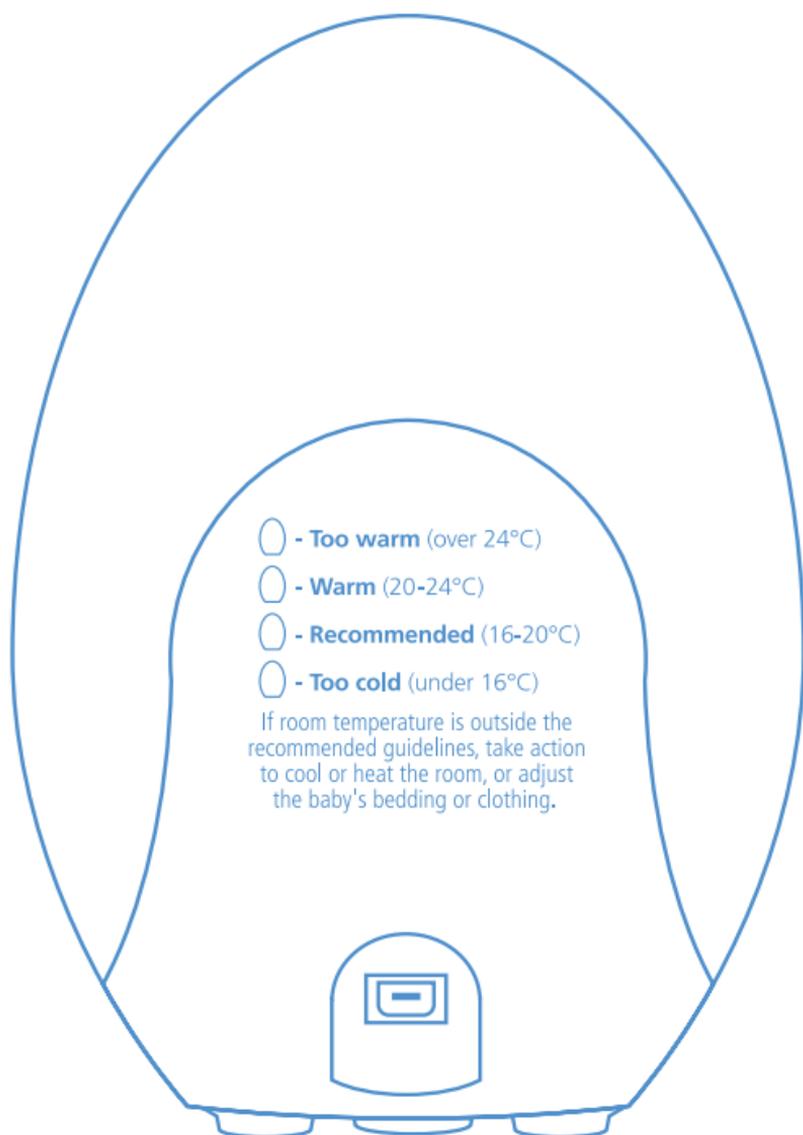
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Technical Information

Primary voltage of PSU 220–240V

Secondary voltage of PSU 6V

Current consumption 200mA

Operating temperature range
0–60 degrees

Accuracy of temperature range
+ or - 1°C

The Gro-egg contains sensitive electronics. It is necessary for the electronics to become stabilised after power up to attain accurate temperature readings. Avoid switching the power on and off repeatedly.

If the unit malfunctions remove the power and allow the unit to stand for 5 minutes before re-applying power.

Patent Pending 

EGM EN 001