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Safer sleeping information

Safety is at the heart of everything that The Gro Company does and we work in partnership with The Lullaby Trust, the UK's leading safer sleep charity who provide expert advice on safer sleep for babies, supports bereaved families and raise awareness of sudden infant death.

"Babies who get too hot are at an increased risk of SIDS... getting a room thermometer will help you create a safer sleeping environment for your baby"

Francine Bates, Chief Executive of The Lullaby Trust



Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

Advice for parents to reduce the risk of SIDs

Things you can do...

- ✓ Always place your baby on their back to sleep.
- ✓ Keep your baby smoke free during pregnancy and after birth.
- ✓ Breastfeed your baby, if you can.
- ✓ Place your baby to sleep in a separate cot/crib or Moses basket in the same room as you for the first 6 months.
- ✓ Use a firm, flat, waterproof mattress in good condition.

Things to avoid...

- ✗ Never sleep on a sofa or in an armchair with your baby.
- ✗ Don't sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired, or if your baby was born prematurely or was of low birth weight.
- ✗ Avoid letting your baby get too hot.
- ✗ Don't cover your baby's face or head while sleeping or use loose bedding.

For further information and advice please visit www.lullabytrust.org.uk or call UK Tel: +44 (0) 808 802 6869

This advice is reproduced courtesy of Lullaby Trust.
Registered Charity Number 262191.
Registered Company Number 010008.

For more information about the Groegg² and Grobag Baby Sleep Bags, or to find out more about how to create a safer sleeping environment for your baby, please visit www.gro.co.uk or call us on UK Tel: +44 (0) 844 557 2960.

Manufactured and distributed worldwide by:

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Distributed in Australia and New Zealand by:

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Technical Information

Primary voltage of PSU 220-240v

Voltage required 5V

Current Consumption 500mA

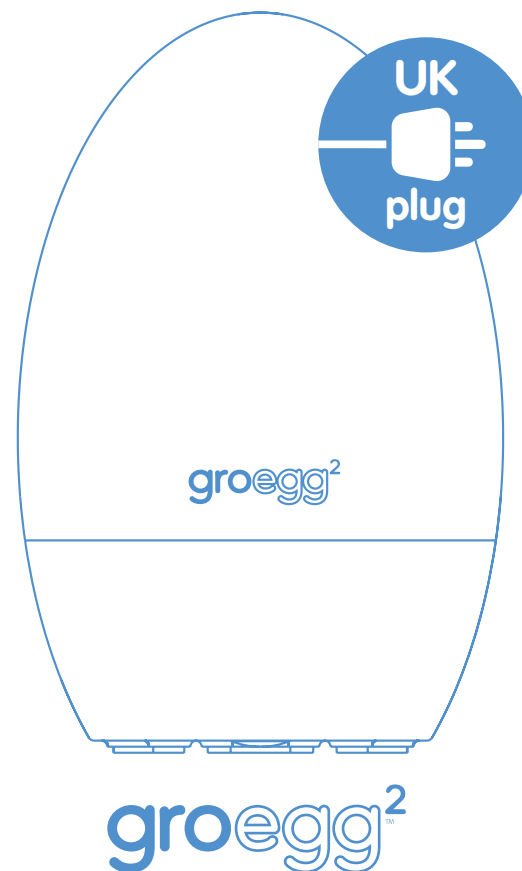
Operating temperature range 0-60 degrees

Accuracy of temperature range + or - 1°C

The **Groegg²** 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.

Instruction manual and safe sleep guidelines



unique colour changing room thermometer and nightlight

Worldwide Patents Granted  EGG2M EN 001

Introduction to the Groegg²

The correct room temperature 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 **Groegg²**, 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 Sleep Bag.

The patented **Groegg²** 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.

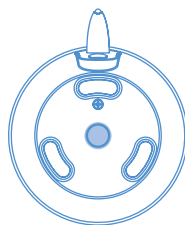
This leaflet contains information about how to use your **Groegg²** and how to achieve a safer sleeping environment for your baby. **Please retain this leaflet for future reference.**

Getting Started

- 1 Remove all protective packaging, insert one end of the power lead into the circular socket of the **Groegg²** and the other end of the lead into any uk plug socket. Once the Charger is switched on the **Groegg²** powers on automatically (please allow a few minutes for accurate reading each time you switch on).

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
- Please note that the **Groegg²** 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



- 3 Adjust the brightness, if necessary, by pressing the button on the bottom until ideal level is achieved (**Groegg²** has four night-light levels including off).

- 4 To switch off **Groegg²** please turn off your power at the wall socket (we recommend leaving your **Groegg²** on at all times).

Using your Groegg²

Your **Groegg²** displays the 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
16°C and below (Under 61°F)	16–20°C (61–68°F)	20–24°C (68–75°F)	24°C and above (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 Sleep Bag users choose a different tog rating (0.2, 0.5, 1.0, 2.5 or 3.5 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 Sleep 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	3.5 or 2.5 tog Grobag Baby Sleep Bag	2.5 or 1.0 tog Grobag Baby Sleep Bag	1.0 tog Grobag Baby Sleep Bag	0.5 tog Grobag Baby Sleep Bag
Clothing	Long-sleeved bodysuit / sleepsuit / pyjamas	Bodysuit / sleepsuit	Bodysuit	Short-sleeved bodysuit or just a nappy/diaper

Please note, Grobag® Baby Sleep 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/diaper, vest and sleepsuit	Nappy/diaper, vest and sleepsuit	Nappy/diaper, vest and sleepsuit	Nappy/diaper, vest and sleepsuit

Frequently Asked Questions

Q. It's warm weather and my Groegg² is on red. 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/diaper. 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 Groegg² 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 all night (make sure that neither the heater or cable are within reach of your baby's cot/crib). 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/crib with extra clothing/bedding.

Q. My Groegg² doesn't read the temperature I think it should.

A. The **Groegg²** will indicate the temperature of the surrounding air, so cold drafts and adjacent heating will both affect the reading.