

happiest  baby

snoo
smart sleeper™



USER GUIDE

IMPORTANT: READ CAREFULLY...KEEP FOR FUTURE USE.



MEET SNOO

The other new member of your family!

Congratulations!

Thank you so much for choosing SNOO Smart Sleeper® to help your baby—and you—during these amazing first 6 months!

Designed by celebrated pediatrician Dr. Harvey Karp, SNOO is a totally new type of bed that will help your baby be rested, healthy, and happy.

What's SNOO's secret?

- It's the only bed that perfectly mimics the non-stop gentle rocking and rumbling sound that your baby loved in the womb. (It helps soothe babies like driving in the car all night...but, without ever leaving your bed!)
- It detects your baby's cries and automatically responds with gradually increasing white noise and tiny jiggles, often calming fussing...in under a minute.
- It's very, very safe. It offers you extra peace of mind by keeping your baby safely on the back—all night long.* (Stomach sleeping is associated with a higher risk of infant sleep death.)

**When used as directed.*

SNOO AND YOUR BABY

The first 6 months.

Whenever you need a break—to fix a meal, take a shower, care for other kids, or get much needed rest—SNOO will be your faithful assistant, ready to help 24/7...month after month!

Within the first week, SNOO will help your baby*:

- Fall asleep faster.
- Sleep more at night.
- Cry less—and calm more quickly.

But, that's just the start of SNOO's benefits!

By 2-3 months, SNOO:

- Adds 1-2+ hours to your baby's sleep.
- Helps reduce dangerous rolling to the stomach.
- Gives your baby all the comfort of swaddling—without the risks.
- Helps your baby sleep through growth spurts, colds, teething, and sleep regressions. (Without SNOO, these can abruptly make a baby's sleep pattern fall apart).

By 3-6 months, SNOO perfects your baby's sleep:

- Automatically sleep trains your baby—rarely a need for “cry it out!”
- SNOO's special weaning feature makes graduating to a crib a breeze.

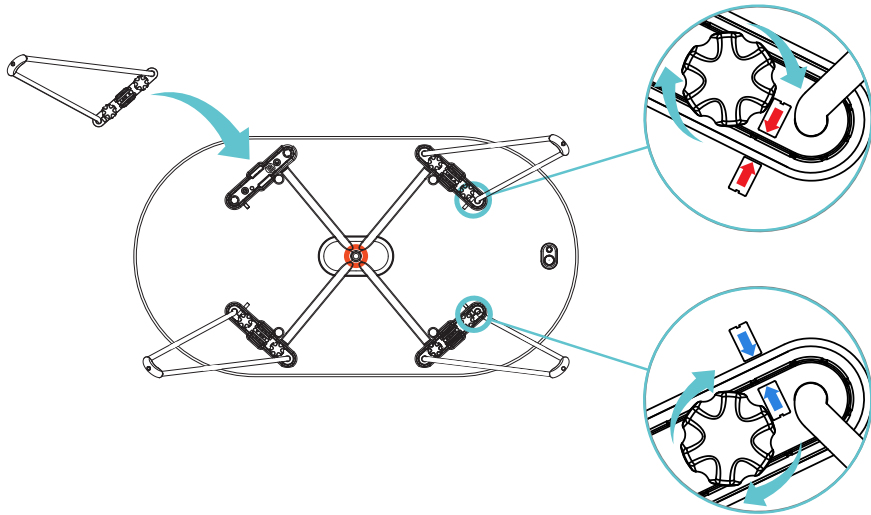
**Infants over 6-weeks of age may take 3-7 days to adjust and show improved sleep.*



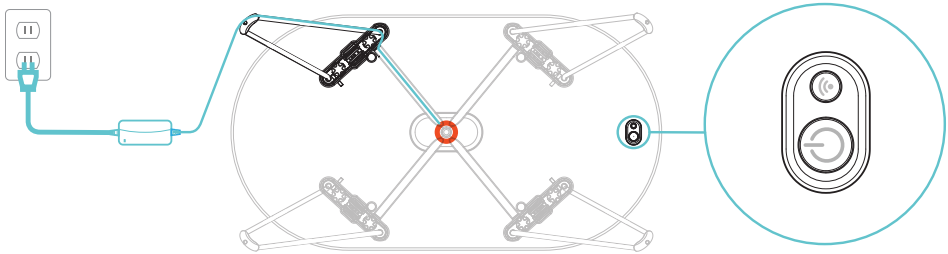


PUTTING SNOO TOGETHER

It's a snap!

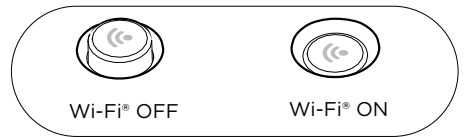


- Open the box and place your SNOO upside down on a clean floor.
- Snap each leg into the base. (Line up each red and blue arrow on the legs with a matching colored arrow on the base.)
- Screw each knob in—all the way. (No need to over-tighten.)
- To detach the legs, unscrew each knob all the way, pinch the two grey clips and pull out each leg.



 **Power Button** - Turns SNOO on/off.

 **Wi-Fi® Button** - Turns Wi-Fi® on/off.



- Insert the thin electrical supply jack into the red circle on the bottom of SNOO.
- Flip SNOO onto its feet and plug it in.
- Attach the soft cable guide on a leg near your wall socket. Place the thin cable into the guide.



- SNOO's Activity Button will flash a white light. When it stays constantly white...SNOO is ready!



Contents of SNOO box

Includes: 1-SNOO; 1-Mattress; 1-Water-Resistant Cover; 1-Organic Cotton Sheet; 3-Organic Cotton SNOO Sacks (S in SNOO; M, L in boxes); 4-Legs; 1-Cable Guide; 1-Power Supply.

Please read all instructions before using.

- SNOO is recommended for use until around 6 months or when infants can push up on hands and knees, whichever comes first.
- In SNOO, always place your baby on the back, in a Happiest Baby SNOO Sack, that is properly attached to the safety clips. (See page 27, “PREVENT SUFFOCATION HAZARD”)
- Firmly close the Velcro inner band and ALWAYS attach the leg flap to keep the baby from sliding into the sack and to prevent the inner band from riding up to the baby’s neck. (See page 26, “PREVENT STRANGULATION HAZARD”)
- Always fully close the zipper - top and bottom - to prevent the baby from sliding into the sack and to prevent the inner band from riding up to the baby’s face. (See page 27, “PREVENT SUFFOCATION HAZARD”)
- Never place anything under the SNOO mattress to raise the baby’s head. (See page 26, “PREVENT STRANGULATION HAZARD”)



DOWNLOAD THE APP

Our App makes SNOO perfect for your unique baby!

Here are parents' favorite App features:

Motion Limiter - Great for the 1st month!

Your SNOO comes preset on Motion Limiter. This lets SNOO respond to cries with all 4 levels of sound, but blocks the 2 most jiggly levels of motion. Fussy babies may calm best with this setting turned off.

Level Lock - Very helpful for babies who wake too often.

Some babies sleep better when SNOO stays all night on a slower—or a faster—level. (Locking on level 1 or 2 gives a little extra jiggly motion...like driving your baby in your car...all night long!)

Starting Level Motion - Extra soothing for fussier babies.

Like locking, this allows motion-loving babies to have level 1 or 2 rocking, all night. But unlike locking, it lets SNOO respond to cries. This even helps babies sleep through colds and teething.

Responsiveness - Makes SNOO more—or less—sensitive to your baby's sounds.

This setting lets SNOO react faster to soft cries or slower to loud breathing and nighttime grunts.

SNOO Log - Automatically tracks and reports your baby's progress.

A daily update of your baby's sleep. Shows sleep as it improves over weeks/months. Fun to share!

Stickies - Interesting sleep tips.

Regular insights to help you help your baby have the best sleep possible.

Weaning - It's a snap to transition your baby from SNOO to the crib.

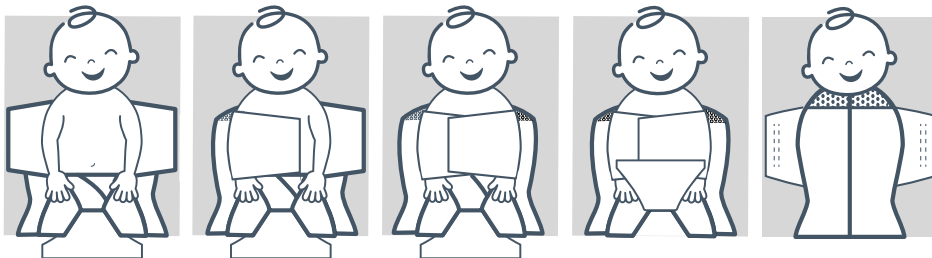
At 5-6 months, turn this setting on to give your sleeping baby soothing sound—but no motion—all night. The motion only comes back on when your baby cries.

ALMOST READY

Becoming a master swaddler!

Swaddling may look a little odd to us, but it reminds babies of the cuddling they loved inside the womb. Wrapping will help your baby cry less and sleep longer. The SNOO Sack is the safest, easiest swaddle! It secures to little clips to keep your baby safely on the back all naps/all night.

Ready to swaddle? Here's how:



- Unzip the sack and spread open the inner bands.
- Lay baby on the back, on top of the sack. *Note: Place the shoulders about 2" higher than the top of the sack.*
- Straighten the arms...pull the inner bands around and attach them very snugly. (The bottom edge of the bands should cover the wrists.)
- Bring the sack's leg flap up between the baby's legs so it is snug under your baby's diaper and Velcro it firmly to the inner band.
- Pull the top edge of the sack up and over the shoulders and zip the sack completely closed... top and bottom. *Note: The top of the zipper should be positioned well below the chin.*



A modern baby bassinet with a white mesh top, a dark wood band, and white hairpin legs. The mesh top has a subtle pattern and a small, light-colored graphic on the right side. The wood band is a rich, dark brown. The legs are white and splayed out in a hairpin style.

A white teddy bear with a soft, shaggy texture, sitting inside a white bucket. The bucket has the word "Playtime" written on it in a cursive font. The bear is looking towards the camera.

A white bucket with the word "Playtime" written on it in a cursive font. The bucket features a small illustration of a person sitting on the ground, possibly reading or playing. The bucket is filled with a white, shaggy material, likely the teddy bear.

A woven basket with a light-colored, textured top and a darker, woven bottom. It contains a pink, fuzzy object, possibly a hat or a piece of clothing. The basket is placed on the floor next to the bassinet.



USING SNOO

Let the fun begin!

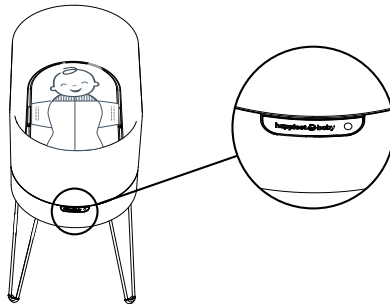
Plug SNOO into the electric outlet. The Activity Button's white light will blink for several seconds and then turn a steady white.

Now that your bed and App are set up and your baby is snug, we suggest giving a nice feeding—and a good burping—to prepare your baby to SNOO-ze!

Place your baby in SNOO:

- Lay your swaddled baby into your SNOO—on the back—feet at the end near the Activity Button.
- Slide each elastic loop—at the end of the safety wings—all the way onto the safety clips (located on the right and left side of the bed).

Note: For safety, ONLY use SNOO when your baby is swaddled in the SNOO Sack with inner band and leg flap firmly closed, zipper fully closed, and wings attached to the clips.



Note: You can put your baby down awake or asleep. SNOO naturally helps babies learn to fall asleep.

Turn SNOO on

Push the Activity Button. The white light will turn blue and SNOO will start gently rocking and shushing.

Note: If the bed does not start—and the Activity Button is flashing white—check that you slipped both elastic wing loops fully onto the safety clips.

Let SNOO work

SNOO will gently rock and shush your baby for all naps and all nights. And, it will automatically respond to your baby's cries—moving through increasing levels of white noise and motion—to find the perfect rhythms to soothe the fussing.

As the bed responds, each level is shown by a new SNOO Activity Button color:

Blue > **Purple** > **Green** > **Yellow** > **Pink**.

Blue is like gently rocking your baby in your arms.

Purple is like driving around your neighborhood.

Green is like taking a fast hike with your baby in a sling.

Yellow is like quickly bouncing on a yoga ball.

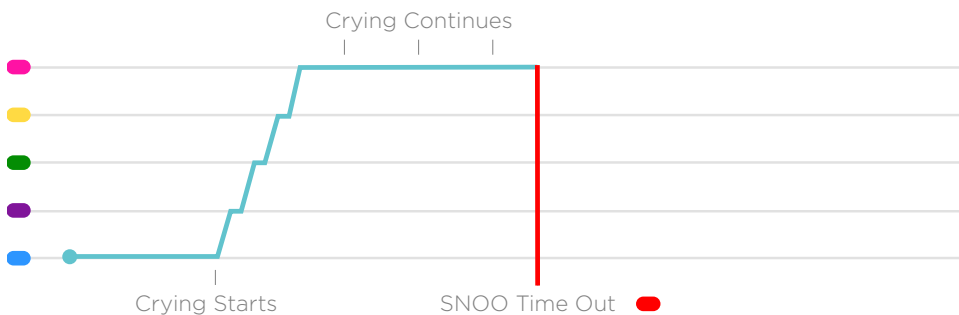
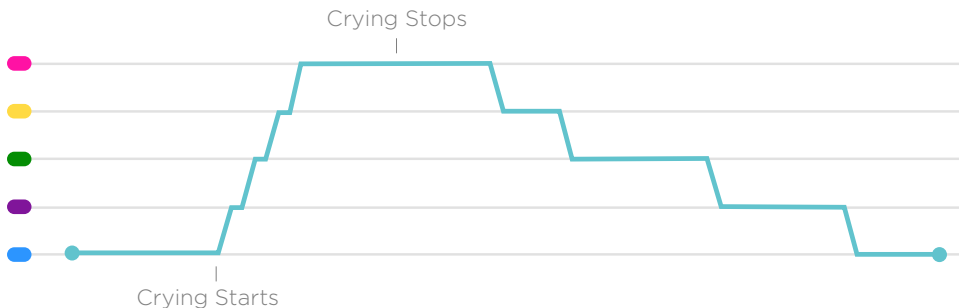
Pink is like a jiggly subway ride or driving with your baby on a bumpy road.

Once your child is calmed, SNOO will slowly return to the gentle **blue** baseline level.

If your baby's cries don't stop within a minute, don't worry, just stop the bed for a feeding or cuddle. (If crying lasts 2-3 minutes, SNOO automatically stops and the Activity Button turns red.)

Note: If the Activity Button is blinking white, please check that the loops of the swaddle wings are fully attached.

How SNOO reacts to your baby's crying



Turn SNOO off

To stop SNOO, just push the Activity Button once or slip a swaddle wing loop off of the safety clip.

Have a question? Visit our website to chat with our sleep helpers...available 7 days/week!

snoo is there to help...
whenever you need
a hand!







DR. KARP'S TIPS

Great advice for great SNOO-zing!

Dr. Karp worked with hundreds of families to find the best sound and motion to quickly calm fussing and boost sleep. Through this research, he developed many helpful tips.

Here are just a few:

Babies can be put down in SNOO asleep...or awake.

It's fine to lay your baby down awake or asleep. SNOO's gentle rhythms are a reminder of the soothing sensations your baby loved in the womb and they actually help babies learn to self-soothe.

Use SNOO for nights and naps.

The more often you use SNOO, the faster your baby will associate its very specific sound and rocking with bedtime...and the sooner they will become a great sleeper!

SNOO mimics the calming rhythms we use when we cradle babies in our arms.

To quickly soothe your baby's fussing, just boost SNOO's level. (Simply press and hold the Activity Button for 5 seconds to go to the next level...or use the App). *Note: SNOO doesn't calm babies who are hungry, bored, or uncomfortable.*

Feeding...helps babies sleep better at night.

Offering a few more daytime ounces can boost nighttime sleep an extra hour or more. Consider waking and feeding your baby from naps lasting more than 1.5-2 hours. Some parents find it helps to offer 2-3 feeds in the early evening...and a final meal—a dream feed—between 11pm and 1am.

Swaddling snugly—arms down—is key for great sleep!

Arms-down swaddling helps most babies sleep better...even those who seem to dislike it. Swaddling before a feed and placing your satisfied baby into SNOO, then locking it on level 1 or 2 can help your baby be more accepting of being wrapped. If all else fails, unsnap the arm holes and try releasing one or both of your baby's arms.

If SNOO doesn't calm crying, pick your baby up.

SNOO responds quickly, often calming fussing within 60 seconds. However, there's no need to wait for SNOO to time out. If the upset lasts more than a minute it means your baby needs...you!

Don't worry about vomiting or acid reflux in SNOO.

Spitting up (acid reflux) is common, but babies naturally turn the head when it happens...so there's very little concern. However, if your doctor recommends elevation of the head, our SNOO Leg Lifters may be helpful.

Embrace the jiggle!

It can look odd to see your baby jiggling on SNOO's top levels, but many babies love bouncing on exercise balls and bumpy car rides. Jiggling is often the magical step that calms crying. However, if your baby doesn't like motion, just lock SNOO on one of the lower levels.

By 3-4 months, babies become more alert...and this can undermine sleep.

If your baby's sleep suddenly falls apart because of teething or a 3- or 4-month sleep regression, locking SNOO on level 1 or 2 all night—for several weeks—can help your baby tune out distractions and restart great sleep.

After weaning from SNOO...continue white noise for at least 1-2 years.

Sound makes transitioning to the crib much easier...and helps babies continue to be good sleepers.

Your baby is unique! It's easy to customize SNOO so it's perfect for your baby.

Contact our sleep specialists for help at customercare@happiestbaby.com.

happiest  baby

SNOO ACCESSORIES

SNOO Sack

Our unique *5-second swaddle* is made with 100% organic cotton and breathable mesh. Small (6-12 lb), Medium (12-18 lb), Large (18-26 lb).

SNOO Sheet

Ultra-soft, 100% organic cotton is gentle on your baby's skin....and good for the planet.

Low Legs

Perfect for parents with a platform bed. These are 7" shorter than standard legs.

Leg Lifters

If your doctor recommends elevating your baby's head—to make breathing easier during a cold or for symptoms of acid reflux—these lifters allow you to put your SNOO on a very mild incline.

Shoo

This graceful netting lets in the breeze but shuts out mosquitos, spiders, flies... even cats!

Sleepea

The wingless version of our SNOO Sack. Rated #1 by the NY Times, for when you're out and about.

SNOObear

Our cuddly white noise teddy bear that lets you bring the SNOO sounds with you...wherever you go. (Automatic shut off after 30 or 60 minutes.)

You can find all our SNOO accessories at happiestbaby.com

CARING FOR SNOO

Cleaning SNOO

For safety reasons, the SNOO mesh is not removable. However, you can easily spot clean SNOO using a soft cloth with warm water and mild soap. At one end of the bed, there is a zipper to allow you access to clean between the inner and outer mesh walls.

Note: Never use bleach or abrasive cleaners.

Cleaning the mattress

The mattress has a water-resistant cover to prevent stains and contamination. You can gently clean the mattress cover with a soft cloth with warm water and mild soap. Then, air dry—thoroughly—before using the mattress again.

Cleaning SNOO Sacks and sheets

Machine wash with similar colored items in warm or cold water. Never use hot water or chlorine bleach. Tumble dry on a low heat setting, making sure to dry the sack completely.

Note: To avoid damaging other items in the load, always attach the Velcro wings to each other or zip the sack completely closed before putting the SNOO Sack into the washer or dryer.

WARNING

FAILURE TO FOLLOW THESE WARNINGS AND INSTRUCTIONS COULD RESULT IN SERIOUS INJURY OR DEATH. READ ALL INSTRUCTIONS BEFORE ASSEMBLY AND USE OF THE PRODUCT. ADULT ASSEMBLY REQUIRED. DO NOT USE THIS DEVICE IF IT IS DAMAGED OR BROKEN.

PREVENT FALL HAZARDS

- To help prevent falls, DO NOT USE this product if the infant can push up on hands and knees or has reached 6 months of age, whichever comes first.
- Maximum weight: 33 lb (15 kg)

PREVENT STRANGULATION HAZARDS

- Firmly close the Velcro inner band and leg flap to keep the baby from sliding into the sack and to prevent the inner band from riding up to the baby's neck.
- When using the SNOO Sack, ALWAYS have the zipper fully closed—at top and bottom—and make sure the soft protective zipper hood is in place.
- ALWAYS keep SNOO on a flat, even surface.
- NEVER place anything under the SNOO legs or mattress to elevate the baby's head, other than products authorized by Happiest Baby.
- Strings can cause strangulation. Do not place SNOO's protective cloth bag or other items with a string in SNOO.
- Keep the power adapter cord out of reach of infants and children.
- DO NOT suspend strings or unapproved mobiles over SNOO or attach strings to toys.
- DO NOT place SNOO near a window or patio door where cords from blinds or drapes can strangle an infant.

PREVENT SUFFOCATION HAZARDS

- To reduce the risk of SIDS, infants should only be placed on the back to sleep, unless otherwise advised by their physician.
- Infants have suffocated in gaps between extra padding and side of a bassinet / cradle, and on soft bedding.
- Wrap the inner bands snugly around your baby and ALWAYS place the lag flap between the legs - and secure it firmly - to keep the baby from sliding into the sack and to prevent the inner band from riding up to the baby's neck.
- Fully close the zipper - top and bottom - to prevent suffocation from the baby sliding into the sack and to prevent the inner band from riding up to the baby's face.
- When your baby is in SNOO - whether SNOO is on or off - ALWAYS use a Happiest Baby SNOO Sack.
- When your baby is in SNOO - whether SNOO is on or off - ALWAYS attach the wings to the safety clips to prevent dangerous rolling.
- Use only the mattress pad provided by Happiest Baby. NEVER add a pillow, comforter or another mattress for padding.
- NEVER place additional objects in SNOO, such as blankets, toys or other materials.
- ALWAYS ensure the mattress pad is positioned correctly. Do not create any pockets between the mattress pad and mesh sides.
- If a sheet is used with the mattress pad, use only the one provided by Happiest Baby, or an authorized Happiest Baby partner.
- NEVER use plastic bags or other plastic film as a mattress cover.
- Discard all plastic packaging materials immediately after opening.
- SNOO is only designed and is approved for use with one baby at a time.

PREVENT INJURY HAZARDS

- Never place more than one infant in SNOO Smart Sleeper at a time.
- Never carry SNOO with an infant in it.
- Young children should not be allowed to play unsupervised in the vicinity of SNOO.
- SNOO reduces accidental falling when used as directed. We recommend you ALWAYS secure the swaddle's wings to the bed's safety clips—whether SNOO is on or off.
- Always remove the baby from SNOO before adjusting height.
- Always ensure that SNOO legs are securely inserted and screwed into the base before use.
- SNOO should be placed on a horizontal floor.
- Keep away from open fires and other sources of strong heat, such as electric heaters, gas fires, etc.
- Do not place anything in SNOO to elevate the mattress. The American Academy of Pediatrics warns that excessive elevation can result in an infant sliding into a position that might make breathing difficult.
- All assembly fittings should always be tightened properly and care should be taken that no screws are loose, because a child could trap parts of the body or clothing (e.g. straps, necklaces, ribbons for babies' pacifiers, etc.), which would pose a risk of strangulation.
- Do not to use body of bassinet without its frame.
- ONLY use the mattress that comes with SNOO.

CAUTION

- SNOO IS NOT A SUBSTITUTE FOR RESPONSIBLE ADULT SUPERVISION.
- IMMEDIATELY CONTACT YOUR PHYSICIAN IF YOUR BABY IS UNUSUALLY FUSSY OR NOT RESPONDING NORMALLY.
- Read and follow instructions before assembly and use.
- Before using, inspect SNOO for damaged hardware, loose or missing components, or sharp edges.
- NEVER use SNOO if any parts are missing or broken. Request replacement parts and instructional literature via happiestbaby.com if needed. (DO NOT substitute parts.)
- Notify your doctor if your baby develops any skin irritation from the SNOO Sack.
- Stop using SNOO when the child can sit, get on hands and knees, kneel, or pull his or her body up while in SNOO.
- For indoor use only.
- This product is not a toy. Do not allow children to play with it.
- Do not pour water or liquids onto SNOO.
- Only use the power adapter provided. Use of other power adapters may permanently damage the bed.
- Keep this user's guide for future reference.



Dear Friends,

Thank you for choosing SNOO!

Almost every object in our lives has been improved in recent decades, except baby beds.

Amazingly, cribs and bassinets haven't changed in over 1,000 years! They're just silent, boring little "boxes." Yet, before birth, babies enjoy 24/7 cuddling, shushing, and rocking. No wonder quiet rooms and still beds actually cause babies to sleep...less!

Babies may be tiny, but tiny stretches of sleep sometimes cause huge problems. Frequent baby waking leads to the #1 parent stress: exhaustion! And, that can cause breastfeeding failure, marital stress, depression, car accidents, and trouble losing weight. Even worse, tired parents often accidentally fall asleep with their babies on sofas and in adult beds, which is a leading cause of infant sleep death.

Modern parents need help, yet few have family nearby or a nanny's support. Yet, in the past, new moms had the help of 3-4 "nannies" (their mom, grandmas, sisters, etc.).

SNOO is your 24/7 helper! An extra pair of hands to soothe your baby whenever you shower, fix a meal, or get some sleep...to help you be a happier, healthier parent. Bottom line: Babies deserve safer, better sleep...and so do tired parents.

SNOO's gentle rhythms boost sleep as it keeps babies safely on the back...all night long.

I hope SNOO becomes a valued member of your family! SNOO will also help you understand what your baby is trying to tell you. If it soothes the crying fast—keep your head on the pillow—your baby just needed a bit of rocking. But, if fussing continues, your baby needs YOU...for some milk or just a snuggle. It's that easy!

Enjoy these very special days...they may seem long, but they will pass faster than you can believe!

Harvey

Dr. Harvey Karp
Founder, Happiest Baby



Enjoy SNOO!
The other new member of your family.

Follow us:



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When baby sleeps...everyone sleeps!

Designed in California.
Manufactured in China.

Happiest Baby, Inc.

For support please visit: www.happiestbaby.com
or contact us at: customercare@happiestbaby.com
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