

USER MANUAL

# WEIGHTED VEST & WEIGHTED SLEEPING BAG

Important: Read the user manual carefully  
and keep it for future use.



moonboon  
designed for better sleep

# IMPORTANT INFORMATION

## **WARNING**

Both the weighted vest and the weighted sleeping bag are designed to have a calming effect and help the child relax and find their calm as a prerequisite for better sleep. They're perfect for the end of the day, bedtime, or for before, during, or after nap time. They should not be worn by your child during rough or vigorous play, as this can damage the materials.

## **WARNING**

Neither the weighted vest nor the weighted sleeping bag should be used to lift your child with – they have not been designed for this, and it can damage the materials. You should lift your child in the normal way, fully supporting them when they are wearing our weighted products.

## **WARNING**

Avoid stretching the fabric of these products. If you need to adjust them while your child is wearing them, make sure to fully support the child and not stretch the fabric.

## **WARNING**

Do not use this product without reading the user manual first – familiarise yourself with the product before use.

## **WARNING**

Stop using the product immediately if it becomes damaged in any way.

## **WARNING**

Ensure that you always select the appropriate weighted product based on your baby's age or size. It is crucial not to use a weighted product if your baby is younger than 8 months old. Safety is our utmost priority, and following these guidelines will ensure a comfortable and secure experience for your little one.

## **WARNING**

Do not use if the child's head can pass through the neck opening when fastened for use.

## **WARNING**

Ensure that the neck and arm openings are securely fastened.

## **WARNING**

Do not use if the child can climb out of the cot.

## **WARNING**

Do not use in combination with cot duvet or blanket.

- Take into account the room temperature and the child's sleepwear.
- Overheating can endanger the life of your child.

## **WARNING**

Keep away from fire.

# WEIGHTED SLEEPING BAG

## **DO'S AND DONT'S**

**DO** make sure the sleeping bag is spread out on a flat surface. To place your child inside, unzip the sleeping bag fully and place the child on their back in the centre of the sleeping bag with their chin by the collar. Gently guide your baby's arms through the arm holes one at a time. Then zip up the sleeping bag carefully. Your child is now ready to sleep in the sleeping bag.

**DO** open the bottom of the sleeping bag once your child has fallen asleep if they are a particularly active or wriggly sleeper. This will help prevent the seams from stretching or splitting over time and will also allow access to their feet and provide ventilation in case they become too warm.

**DON'T** pull the fabric to straighten the sleeping bag if it moves due to your child's natural movements in sleep. If you want to adjust the sleeping bag on your child or they become uncomfortable, please unzip the sleeping bag, lift your baby out, spread the sleeping bag out, and then lay them back in it again.



# WEIGHTED VEST

## **DO'S AND DONT'S**

**DO** put the vest on your child like a regular zip-up vest. If your child cannot sit up unaided, then place the vest on a flat surface, spread it out and unzip it all the way. Then place your child on its back in the centre of the vest and line its chin up with the collar before gently helping each arm through the arm holes. Zip up carefully, and your child is ready for some calm time.

**DO** use the vest at bedtime, nap time, or at the end of the day to help calm and soothe them.

**DON'T** pull the fabric to straighten the vest if it moves due to your child's natural movements in sleep. Lift your child up and fully support them to adjust the vest.

**DON'T** keep the vest on your child if they want to have more active or wild play, this can increase the risk of damaging the vest or it becoming caught on something. If your child removes the vest by themselves, that's okay. Sometimes it's not the right time for them to wear it.

**DON'T** hesitate to seek further guidance or advice if you are unsure. We recommend speaking to a health professional for guidance if you are unsure about the use of a product for your child.



# MATERIALS

Both the Moonboon weighted sleeping bag and weighted vest are made from organic cotton, which is a soft and comfortable material that promotes good quality sleep. The weight is provided by tiny glass beads that are safely contained within our unique Secure Cell System. Not only does this keep the beads safely inside the layers of fabric, but it also provides an even distribution of weight.

The material is stretchy to provide fitted comfort to your baby, but there is a non-stretchable middle layer that helps contain the lining and Secure Cell System. The products are made from a strong material, but you should not try and lift your child's weight only by the product – this can cause damage. Avoid stretching this inner layer, as it can damage the weighted products.

# WASHING INSTRUCTIONS

The weighted sleeping bag and weighted vest can be machine washed on the cotton setting at 40°C.

They can also be tumble dried and ironed on low heat.

Avoid bleaching or using detergents that contain bleach.



# SAFETY CHECKLIST

Carefully read the safety checklist below. Once you have gone through the list and made sure everything is as described, you may start using the weighted sleeping bag and/or weighted vest. Enjoy!

- Our weighted vest or weighted sleeping bags are not toys; they should never be treated as such.
- If there is visible damage to the product or noticeable wear to the fabric, do not use the product until it has been repaired. If in doubt, contact us at [hello@moonboon.com](mailto:hello@moonboon.com).
- Ensure you regularly check your weighted product for damage or wear.

## **Please note**

Make sure to check regularly that your weighted product meets all safety requirements.

