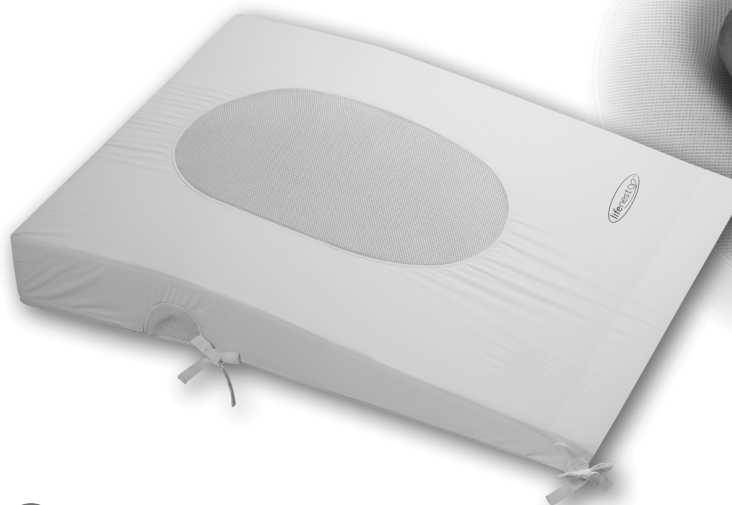


lifeneST™

SPM001

- Read All instructions BEFORE assembly and USE of Products. KEEP INSTRUCTIONS FOR FUTURE USE
- Lea TODAS las instrucciones ANTES de armar y usar el producto. GUARDE ESTAS INSTRUCCIONES PARA FUTURAS CONSULTAS.
- Lire TOUTES les instructions AVANT l'assemblage et l'UTILISATION du Produit. CONSERVER CES INSTRUCTIONS POUR REFERENCES ULTEIEURES.



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ubimed®

Fits standard rectangular cribs 27.5 Inches (70 cm) wide*
Encaja en cunas de tamaño estándar de 70 cm (27.5") de ancho*
Convient aux lits pour bébés de 70 cm (27.5") de large*.

INSTRUCTIONS

Your *LifeNest*™ explained:

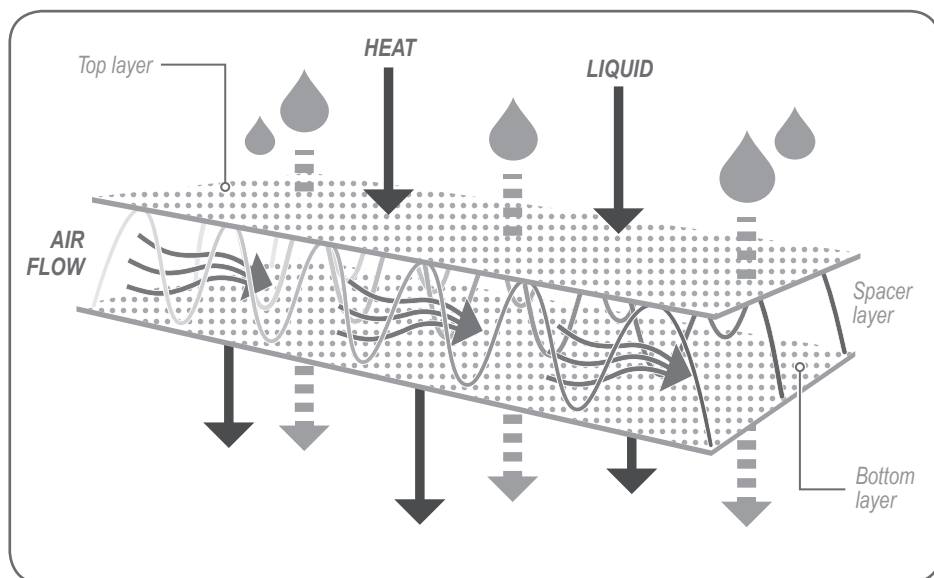
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KEEP INSTRUCTIONS FOR FUTURE USE.**

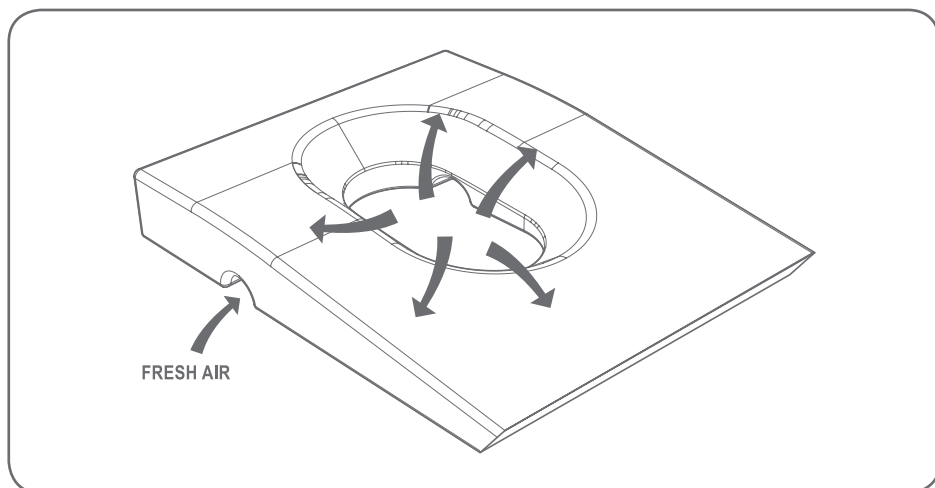
The innovative *LifeNest*™ Sleeping System was specially designed to achieve the goals of safety, comfort and hygiene. It combines the support, hygiene and softness of a high-tech breathable netting with the comfort of a surrounding foam core. The unique quality of the spacer netting allows free air, temperature, and fluid flows.

The *LifeNest*™ Crib Bed Mattress Topper is designed to be used exclusively as a sleeping system for babies. *LifeNest*™ is intended to help the baby sleep on his or her back with the head and trunk located on the hammock-like mesh area. It should be used only from birth up to five months of age, or until the time when the baby starts to turn himself or herself onto his or her tummy.

Your *LifeNest*™ foam core is made from high-density polyurethane molded foam covered by a fire retardant layer and an impermeable washable fabric. It comprises a mesh area intended to support the baby's trunk and head while allowing a free air flow around the baby through the venting channels and the netting.

The poly-cotton *LifeNest*™ sheet comprises a main spacer 3D mesh area intended to sustain the baby's head and trunk. The Spacer 3D fabric is designed for breathability, pressure relief, as well as regulation of heat and moisture. The smaller lateral mesh areas are designed to allow the air renewal around the baby through the venting channels.





Toppers are 33.50"/85cm in length and 27.5"/70cm in width*.

THE LIFENEST™ BABY SLEEPING SYSTEM FOR BABIES IS DESIGNED TO:

- a) **Provide your baby with a comfortable curved surface** when placed on his or her back. This in turn increases the contact surface, redistributing pressure and making your baby sleep more comfortably.

Baby's contact with a regular mattress and the *LifeNest™*



Standard firm mattress



LifeNest™ Sleeping System

- b) **Elevate the baby slightly and encourage a comfortable back-sleeping position** close to the baby's womb position, allowing unrestricted movement and thereby promoting relaxation.
- c) **Allow the free circulation of air** through the *LifeNest™* mesh fabric and venting channels. This in turn accelerates the evacuation of exhaled CO₂ and supplies surrounding fresh air.
- d) **Help prevent overheating and reduce baby's sweating** by allowing free airflow around the baby.
- e) **Reduce the risk of suffocation** by allowing your baby to breathe freely even if he or she accidentally rolls over, as the only possible route of breathing would be through the netting.
- f) **Prevent the mattress cover sheet strangulation risk.** The bag-shaped *LifeNest™* cover sheet, closed by a zipper, snugly fits the *LifeNest™*.

- g) Allow liquids or mucus to pass through the *LifeNest™* mesh surface, helping to prevent smothering.
- h) Keep your baby dry and comfortable, avoiding contact with dust mites, which cannot survive on the hypoallergenic netting.

HOW TO USE YOUR *LIFENEST™*

PLEASE NOTE:

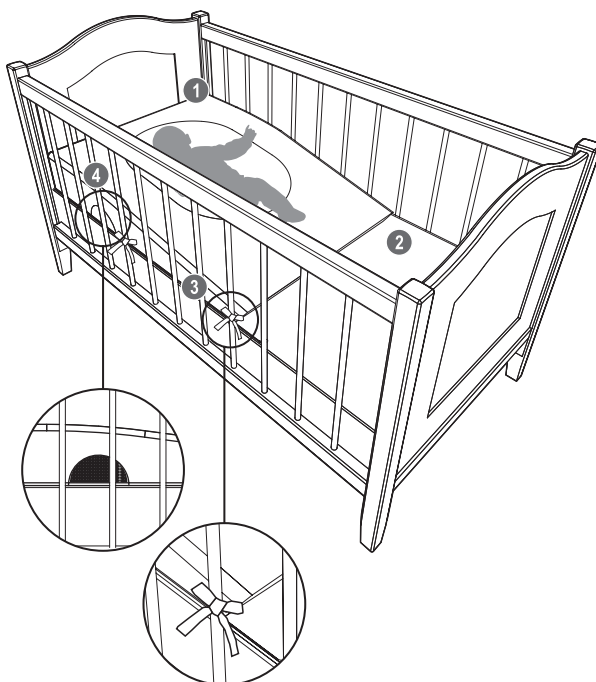
Your *LifeNest™* sheet has been factory fitted for your convenience.

Ubimed® recommends that your new *LifeNest™* be thoroughly aired, and the *LifeNest™* cover sheet washed and dried before first use.

The *LifeNest™* must be enclosed in the *LifeNest™* cover sheet; the cover sheet's main mesh fabric part must be positioned face up, just over the *LifeNest™* netting. The *LifeNest™* sheet zipper must be closed at all times.

- Install your *LifeNest™* Sleeping System in the crib on top of the regular crib mattress.

- 1 Install the top of the *LifeNest™* Sleeping System at the head of the crib with the *LifeNest™* cover's main mesh fabric face up.
- 2 The *LifeNest™* Sleeping System must be inclined downward toward the foot of the crib.
- 3 Secure the *LifeNest™* cover to the crib bars with the ribbons.
- 4 Make sure that the *LifeNest™* Sleeping System lateral venting channels are not obstructed.



• Recommended Position on the *LifeNest™* Sleeping System:

- Baby lying on the back, head up.
- Baby's head and trunk must be positioned over the *LifeNest™* hammock. Baby's buttock will be supported by the mesh fabric's lower edge.

If followed properly, these simple instructions will ensure that your baby gains the full benefit from the *LifeNest™* Sleeping System.

Once your baby is able to roll over freely, the *LifeNest™* use should be discontinued.

WARNING



- DO NOT USE OUTSIDE OF A CRIB. THE MATTRESS FRAME MUST BE IN THE LOWEST POSITION.
- USE THE *LIFENEST™* ONLY WITH CHILDREN FROM BIRTH TO FIVE MONTHS OLD OR 20 POUNDS (9 KG) MAXIMUM.
- LIGHT WEIGHT BABIES (PREEMIES, BABIES UNDER 7 POUNDS, 3.2 KG) AND/OR BABIES WITH AGITATED SLEEP MAY HAVE A TENDENCY TO SLIDE OUT OF THE *LIFENEST™* TOP MESH SURFACE. UBIMED® RECOMMENDS PLACING A FOLDED BLANKET BETWEEN THE CRIB MATTRESS AND THE CRIB FOUNDATION AT THE FOOT OF THE CRIB TO MAKE THE MESH SURFACE OF THE *LIFENEST™* HORIZONTAL. WHEN YOUR BABY'S WEIGHT INCREASES, YOU MAY REMOVE THE BLANKET AND THEN BENEFIT FROM THE INCLINE.
- STOP USING THE *LIFENEST™* WHEN THE BABY IS ABLE TO ROLL OVER ON HIS/HER TUMMY ALONE, OR IS ABLE TO MOVE ALONE BY PUSHING ON HIS/HER KNEES OR ELBOWS, OR TO PULL UP TO A STANDING POSITION.
- UBIMED® RECOMMENDS USING EXCLUSIVELY THE SLEEPING BAG OR OTHER TYPES OF SLEEPERS INSTEAD OF BLANKETS WITH THE *LIFENEST™*. THIS WILL PREVENT SUFFOCATION HAZARD UNDER CONVENTIONAL SHEETS/BLANKETS.
- PLACE ONLY ONE BABY AT A TIME ON THE *LIFENEST™*.
- USE ONLY IN STANDARD RECTANGULAR CRIBS 27.5 INCHES (70 CM) WIDE; ONLY ONE *LIFENEST™* PER CRIB.
- DO NOT ALLOW MORE THAN TWO FINGERS BETWEEN THE *LIFENEST™* AND THE HEAD OF THE CRIB.
- DO NOT OBSTRUCT THE *LIFENEST™* LATERAL VENTING CHANNELS WITH BUMPERS, BLANKETS, TOYS OR OTHER ITEMS.
- NEVER LEAVE THE *LIFENEST™* COVER SHEET UNATTACHED TO THE CRIB SLATS WITH THE RIBBONS.
- THE *LIFENEST™* COVER SHEET AND *LIFENEST™* HAVE BEEN SPECIFICALLY DESIGNED TO BE USED TOGETHER. BE SURE TO USE ONLY ORIGINAL *LIFENEST™* FITTED COVER SHEETS MANUFACTURED BY UBIMED® WITH YOUR *LIFENEST™*.
 - THE *LIFENEST™* IS INTENDED TO BE USED EXCLUSIVELY WITH *LIFENEST™* COVER SHEETS. **USING ANOTHER COVER SHEET OR AN EXTRA FABRIC MAY CREATE A SUFFOCATION OR STRANGULATION HAZARD.**
 - NEVER USE THE *LIFENEST™* WITHOUT THE *LIFENEST™* COVER SHEET.
 - THE *LIFENEST™* COVER SHEET IS INTENDED TO BE USED EXCLUSIVELY WITH THE *LIFENEST™*.
- PERIODICALLY INSPECT FOR RIPS, TEARS AND/OR OPENINGS THE *LIFENEST™* COVER SHEET AND THE *LIFENEST™*. IF ANY SHOULD APPEAR, DON'T TRY TO FIX IT, DISCONTINUE ITS USE AND DISCARD THE PRODUCT IMMEDIATELY. DO NOT USE THE *LIFENEST™* COVER SHEET IF THE ZIPPER IS DAMAGED. DON'T TRY TO FIX IT, DISCARD THE *LIFENEST™* COVER SHEET IMMEDIATELY AND PURCHASE A NEW ONE.
- NEVER USE PLASTIC SHIPPING BAGS OR OTHER PLASTIC FILM AS MATTRESS COVERS NOT SOLD AND INTENDED FOR THAT PURPOSE. THEY CAN CAUSE SUFFOCATION.



- STRANGULATION HAZARD:

- NEVER PLACE BED NEAR WINDOWS WHERE CORDS FROM BLINDS OR DRAPES MAY STRANGLE A CHILD.
- NEVER SUSPEND STRINGS OVER THE BED.
- NEVER PLACE ITEMS WITH A STRING, CORD, OR RIBBONS, SUCH AS HOOD STRINGS OR PACIFIER CORDS, AROUND A CHILD'S NECK. THESE ITEMS MAY CATCH ON BED PARTS.

BABY SAFETY RECOMMENDATIONS

- Always place your baby to sleep on his/her back.
- Use a crib that meets current safety standards.
- Do not put anything soft, loose or fluffy in your baby's sleep space. This includes pillows, blankets, comforters, soft or pillow-like bumpers, stuffed animals or any other soft items.
- Use a sleep sack or other type of pajamas instead of blankets to keep your baby warm and safe.
- Place your baby's separate, safe sleep space near your bed to help you protect him/her and make breastfeeding easier.
- Falling asleep with your baby in bed or on a couch or armchair is very dangerous.
- Never place your baby to sleep on top of any soft surface. This includes adult beds, waterbeds, pillows, cushions, comforters or sheepskins.
- Do not use wedges to prop your baby up or keep him/her on his/her back.
- Make sure your baby doesn't get too warm during sleep. Use light sleep clothing and keep room temperature at what would be comfortable for a lightly-clothed adult.
- Offer your baby a pacifier every time you place him/her down to sleep. If you are breastfeeding, wait until nursing is well established before using a pacifier (usually around one month).
- Make sure that no one smokes around your baby.

For more information please visit www.firstcandle.org or www.AAP.org

CARE OF YOUR LIFENEST™ SLEEPING SYSTEM

• Washing & Drying:

- *LifeNest™* Mattress Cover sheets can be washed by hand or by machine at 104 degrees Fahrenheit (40 degrees Celsius) in a gentle cycle using a non-biological mild detergent, no bleach; tumble dry low. Wash separately or with like colors. Do not iron.
- The *LifeNest™* itself should not be washed. If anything is spilled onto the *LifeNest™*, we recommend removing the *LifeNest™* cover sheet, then wiping the affected area with a damp cloth. This will avoid damaging the structure of the *LifeNest™*. DO NOT immerse the *LifeNest™*. Make sure the *LifeNest™* is thoroughly dry before re-use.

• Storage:

Store the *LifeNest™* in its carry bag, in a dry, safe place when not in use. Avoid placing heavy objects or cutting items on the *LifeNest™*.



ubiMED®