



Swaddle Your Baby in 3 Easy Steps:



STEP 1

Dress baby in regular sleepwear and close zipper.



STEP 2

Fold left swaddle wing over baby's right arm and torso, tucking under baby's left arm.



STEP 3

Swaddle wrap should be snug, below chin, and aligned with baby's shoulders.

Adjust to Baby's Sleep Style with the HALO® SleepSack® Swaddle



ARMS IN

to reduce startle reflex.



HANDS TO FACE

for self-soothing.



1 or 2 ARMS OUT

for an easy transition from swaddling.