

While sleepsacks have been used for decades in Europe, they are only now gaining popularity in North America.

Promoted strongly by SIDS organizations internationally, sleepsacks take away the worry of blankets getting tangled up around your baby's mouth and nose causing re-breathing of air (one of the factors associated with SIDS).

Basically, a wearable blanket, the sleepsack is zipped on over your baby's regular pajamas and is used in place of blankets.

Not only are sleepsacks a safety item, but according to Jennifer, a local doula, "sleepsacks are an essential part of a baby's sleep routine. Because sleepsacks are designed to fit snugly, like a sleeping bag, a baby feels comfortable and secure when they are put to bed in one."

Another great thing about sleepsacks is that they are easy to transport. This means you can easily bring your sleepsack anywhere - to a friend's house, camping in a tent or flying on a plane - - wherever you are, once you bring out the sleepsack, your baby knows it is bedtime.

As one of our parents wrote: "... the sleeping bag was a great thing to have when travelling. Our son knew that when we put it on, it was bedtime, no matter where we were (including two overnight flights)."

Perhaps the benefit most often mentioned by parents is the peace of mind sleepsacks can bring. No more worrying that your baby will throw off the blankets and wake up cold and crying. Because sleepsacks are designed to stay in place, they keep your baby sleeping warmly, no matter how much he/she squirms during the night.

In a nutshell, 4 great things about sleepsacks:

- Recommended by SIDS organizations as a safer alternative to blankets
- Recommended by doulas a part of a healthy sleep routine
- Easily transportable to keep your baby's sleep routine consistent wherever you are
- Keeps your baby safely covered through the night so everyone gets a better night's rest!