

bed nest[®]



The **bednest** is the world's first truly multi-function cot that allows 'along-side sleeping'. We call this '**bednesting**' for you and your baby.

user guide

Please read this user guide carefully and retain for future reference.

Thank you for choosing the **bednest**

The **bednest** can be attached securely to your bed, to provide a safe and continuous sleeping surface, from your mattress to that of your baby's, and can also be used in a stand-alone mode, anywhere in the home, with or without its stand.

Being quick and simple to set-up, the **bednest** also makes an ideal travel cot, giving your baby the reassurance of sleeping in the same familiar environment for about the first months six of his or her life, so promoting restful sleep for all the family.

Why consider **bednesting**?

- Your baby has his or her own safe sleeping space
- You and your baby can hear, see and smell each other, which enhances bonding
- Giving comfort and reassurance to you both, you can sleep with your arm in contact with your baby
- When your baby stirs you will immediately hear him or her
- There is no need to get out of bed for feeding – you can just bring your baby towards you
- The lack of disruption means that you and your baby will be able to settle back to sleep easily
- Disturbance to a partner in your bed is minimised

Research shows that babies sleeping close to their parents are statistically at a reduced risk of cot death. FSID (Foundation for the Study of Infant Death), NHS, Department of Health, UNICEF and the UK Baby Friendly Initiative all state that your baby sharing a room with you, for at least the first six months, is the safest place for baby to sleep, and helps protect your baby.

We trust that you and your baby will have many peaceful nights sleep, thanks to **bednest!**

To Ensure the Safety of Your Baby:

- 1 Do not use the **bednest** if any parts are missing or broken.
- 2 The **bednest** is recommended for your baby only until he or she is able to sit-up unaided. When your baby is able to kneel or pull him or her-self up, the **bednest** should no longer be used.
- 3 When the **bednest** is used away from your bed, whether on its stand or any other surface, the sides should be up and secured.
- 4 When your baby is left unsupervised in the **bednest**, always ensure that both sides of the **bednest** are up and secured.
- 5 When using the **bednest** crib away from its stand, always place it on a flat and level surface.
- 6 When using for **bednesting**, always attach the **bednest** to your bed as described in this user guide.
- 7 Do not place another mattress or similar items on top of, or beneath, the supplied mattress.
- 8 Use of cot bumpers and other padded items, including soft toys, are not recommended within the **bednest** as these can be a smothering hazard.
- 9 Since the mattress has been designed to fit the **bednest**, always replace it with another from the manufacturer.
- 10 Never carry the **bednest** crib with your baby inside.
- 11 When placing your baby in the **bednest**, ensure your baby's feet are near one end of the **bednest**, as recommended by FSID.
- 12 If you have been advised to tilt the **bednest** by your health professional, do not exceed 5cm height difference between the higher (head) height and the lower (feet) height. Tilt should be achieved by varying the extension of the stand, using the adjustable sliding catches. Never place a cushion or other bolster under the mattress to achieve the tilt you require.
- 13 Other young children should not be allowed to play unsupervised in the vicinity of the **bednest**.
- 14 Do not position the **bednest** in the near vicinity of an open fire or other strong sources of heat, such as electric bar fires, gas fires, etc.

How to use the **bednest**

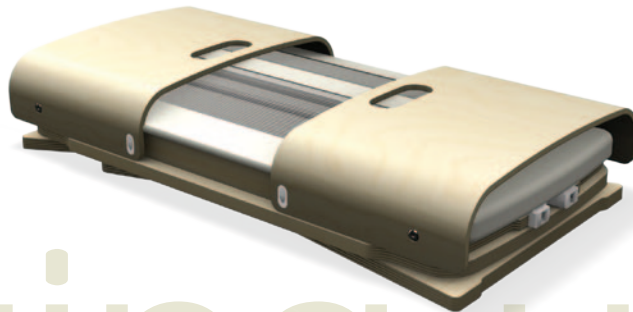
The **bednest's** unique design allows it to be used in various ways to suit your lifestyle.

- As a 4-sided **bednest** using the stand
- As a 4-sided **bednest** independent of its stand, acting as a Moses Basket around the house.
NB: for safety reasons never lift the **bednest** crib with your baby still inside
- For **bednesting**
- As a Travel Cot

Setting-up the **bednest** from the Box

The **bednest** is simple to use. When you open the box you will find:

- One complete **bednest** crib, including mattress
- One stand
- One long strap and one short strap for securing the stand to your bed
- One carry bag



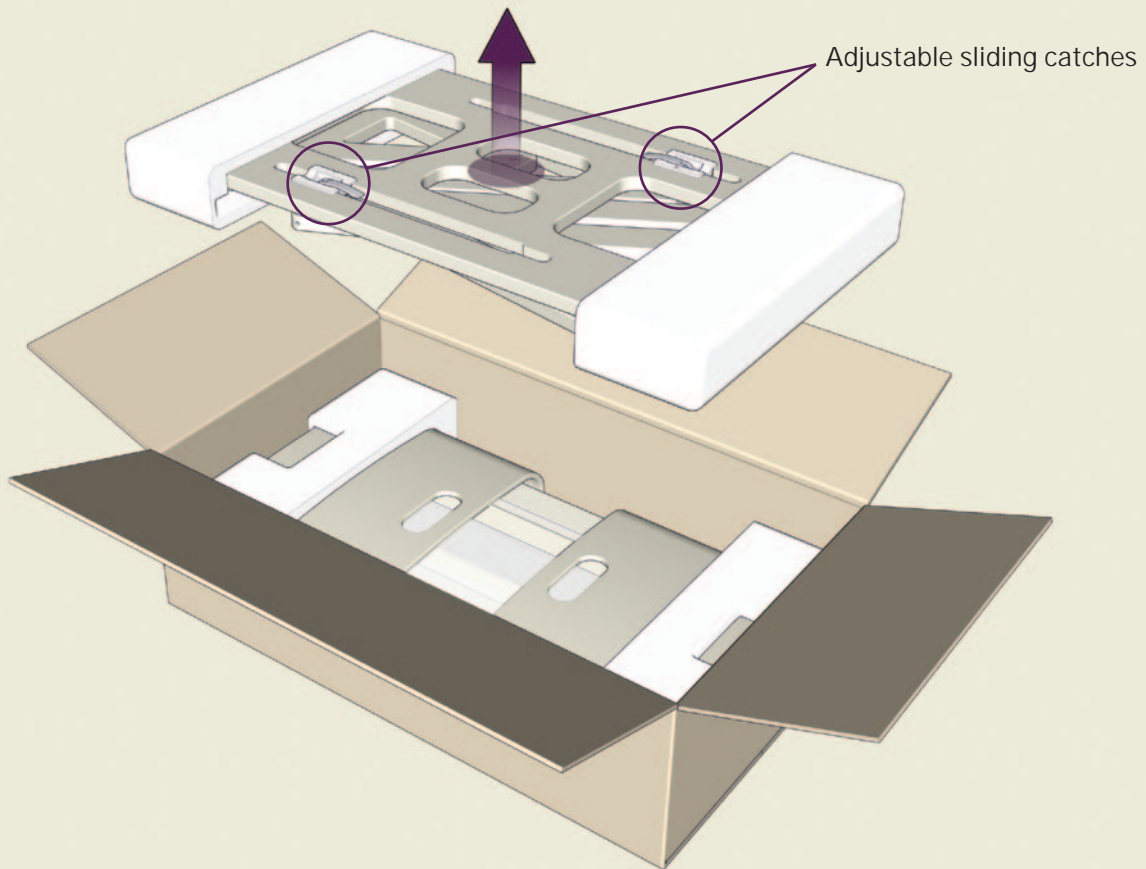
setting-up

There is no need for screwdrivers or complex assembly instructions!

step

1

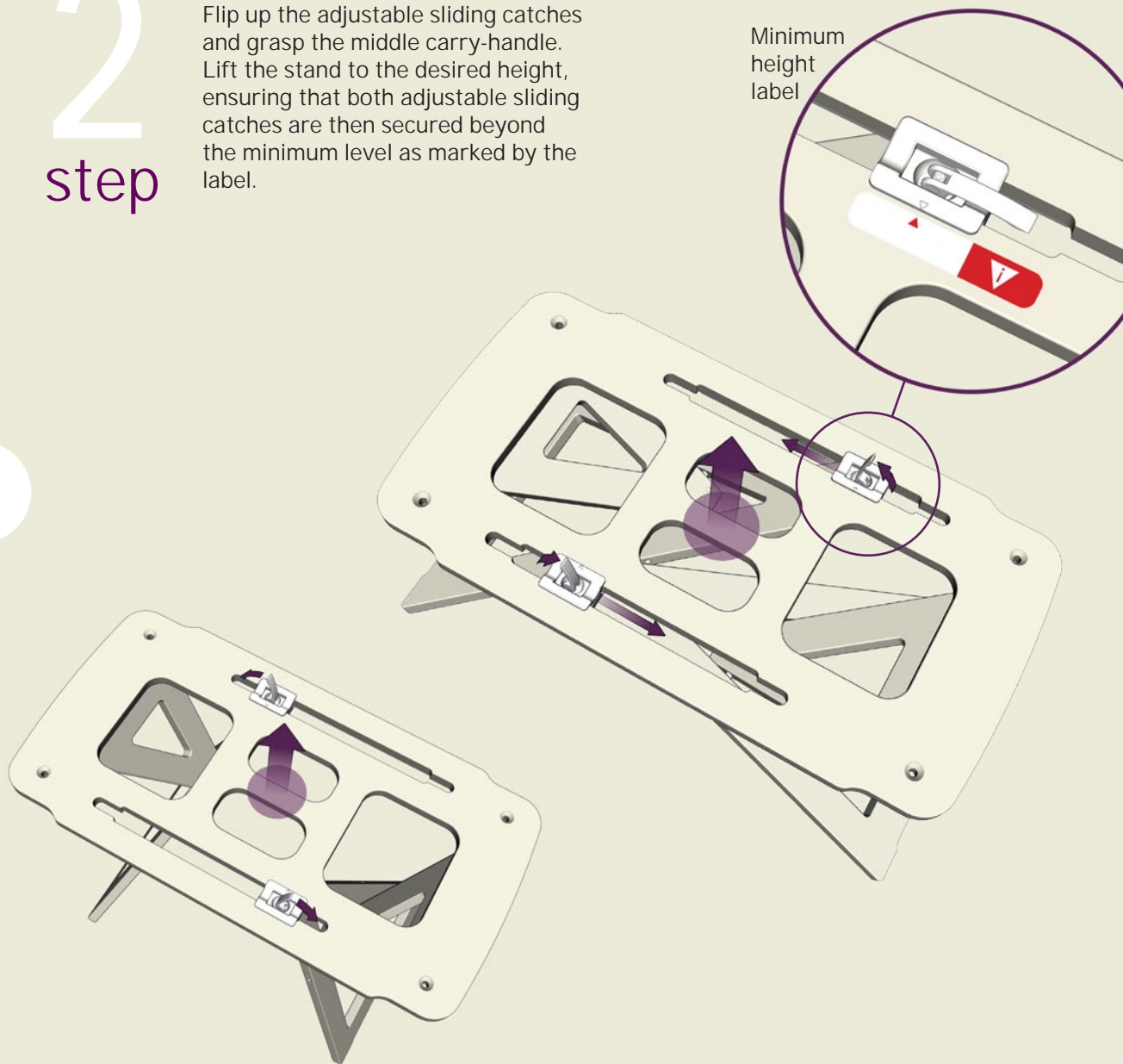
Holding the middle carry-handle, remove the stand from the box, and place it flat on the floor. Remove the packaging from the ends. The adjustable sliding catches should be facing up.



2 step

Flip up the adjustable sliding catches and grasp the middle carry-handle. Lift the stand to the desired height, ensuring that both adjustable sliding catches are then secured beyond the minimum level as marked by the label.

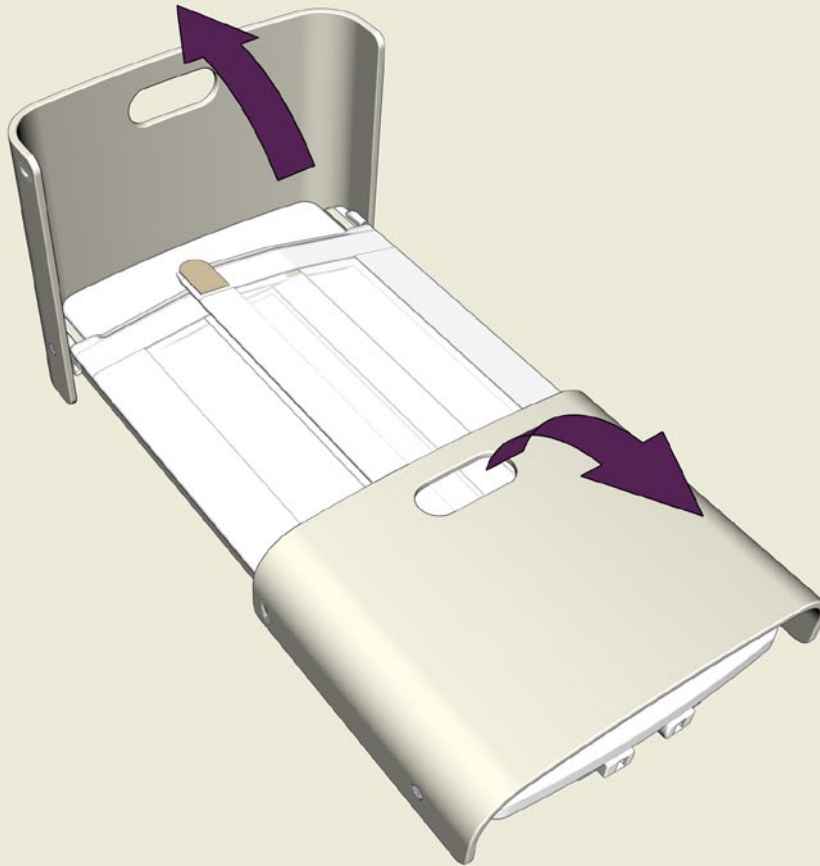
Minimum
height
label



step

3

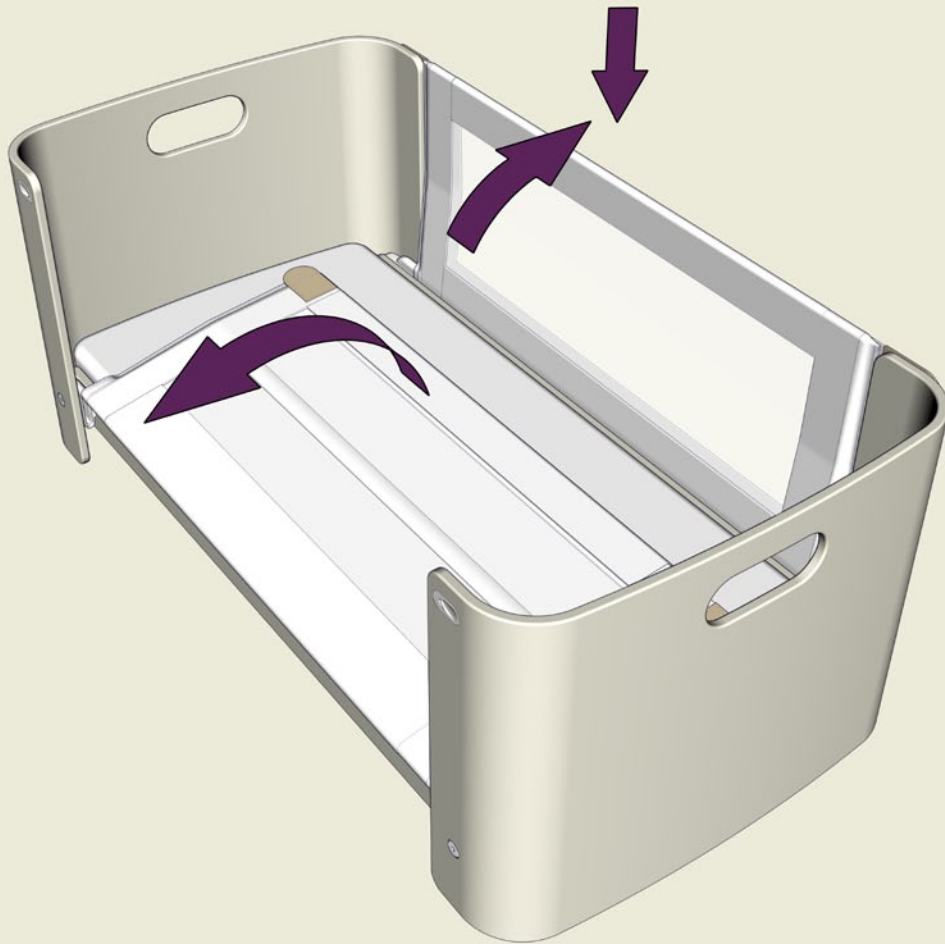
Remove the **bednest** crib from the box and remove the packaging from the ends. Lift the wooden ends until vertical (you will hear them click when securely in place).



4

step

Lift the side panels until vertical and let them drop down into their retaining slots (they should now remain free-standing).



step

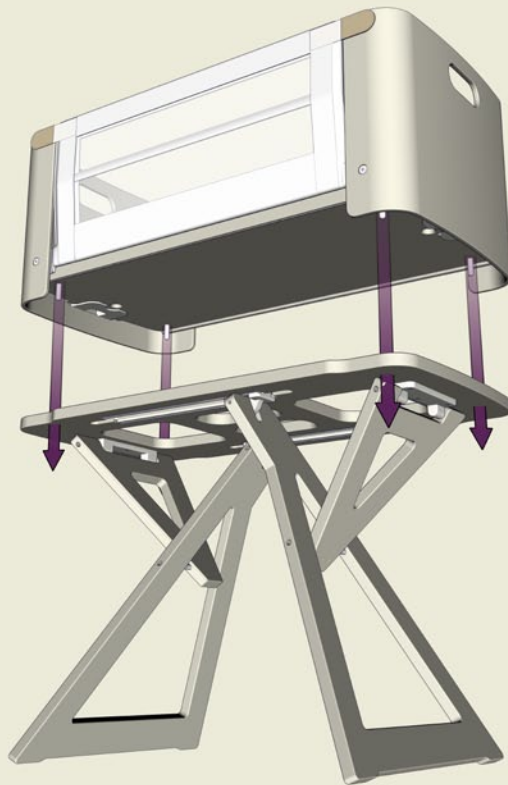
5

Clip each of the four corner
tabs to the securing 'eyes'
on the wooden ends.



6 step

Lift the **bednest** crib onto the stand so that the metal pins underneath the corners of the **bednest** crib fit securely in the corresponding holes of the stand. You should not be able to slide the **bednest** crib from side to side when this has been achieved.



10

step 7

Remove the plastic cover from the mattress. Please note: to ensure the safety of you and your family, and in order to comply with fire safety regulations, we have taken great care to treat your **bednest** mattress with a safe, non-toxic fire retardant. It is normal to notice a smell that remains from this process when first removing the plastic wrapping from the mattress. Although not essential, you may wish to air your **bednest** mattress for a couple of days before use, to dissipate any remaining odour.

Cover the mattress with a fitted sheet. Fitted sheets may be ordered direct from **bednest** to fit the mattress provided.

Congratulations! Your **bednest** is now ready for use.

How to use in **bednesting** mode

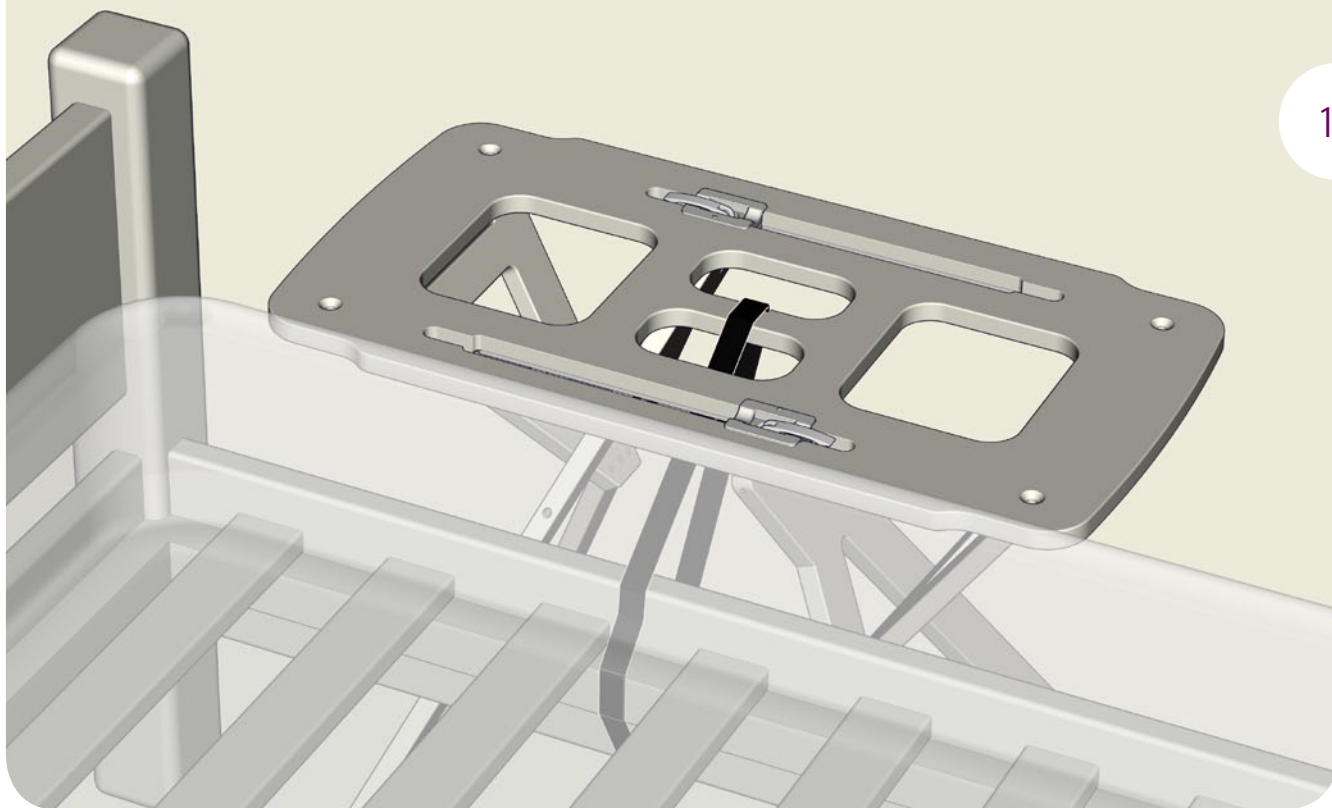
If you have a 'frame' type bed

Thread the short strap around a side member of your bed frame, and then around the middle carry-handle of the stand. Snap the clip shut.

Set the height of the stand to be 3 to 5cm (1 or 2 inches) below the top of your own mattress.

Adjust the straps so there is no slack, but do not overtighten, as this could cause the **bednest** to tilt.

The **bednest** stand is now firmly held to the side of your bed.





How to use in **bednesting** mode cont. :

If you have a 'divan' or solid based bed

Wrap the long strap around the base of your bed, underneath the mattress, so that the 'D' ring is at the side of the bed where you wish to attach the **bednest**. Take the short strap and unthread it from its clip. Put the short strap through the 'D' ring and re-thread its clip, taking care to thread correctly so that it can be tensioned.

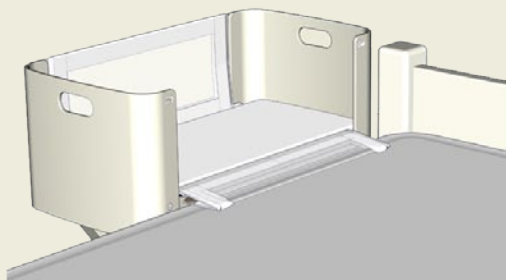
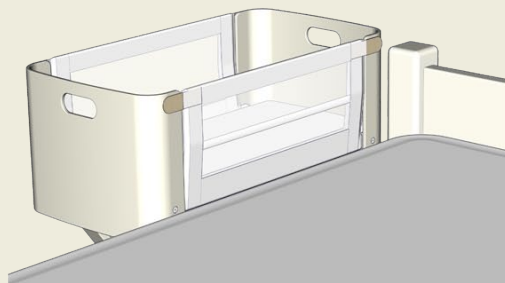
Loop the free ends of the short strap around the middle carry-handle of the stand and snap the clip shut, then set the height of the stand to be 3 to 5cm (1 or 2 inches) below the top of your own mattress.

Adjust the straps so there is no slack, but do not overtighten, as this could cause the **bednest** to tilt.

The **bednest** stand is now firmly held to the side of your bed.

How to use in **bednesting** mode cont. :

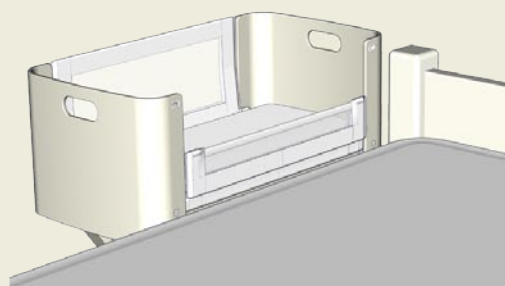
The **bednest** crib should be fitted to the stand so that the folding side panel is next to the side of your bed.



Place your baby in the **bednest**. Only when you are in your bed should the folding side panel be folded down fully, to create a safe, extended sleeping surface.

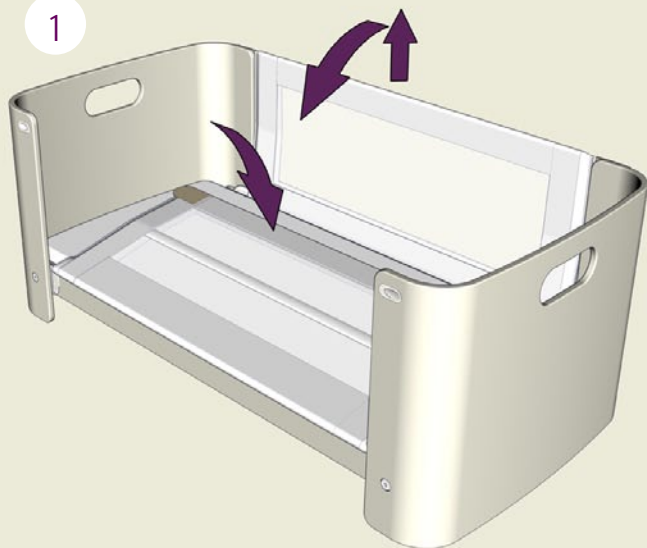
To safely use the **bednest** in this mode, ensure your own bed is within the recommended height range of 30cm to 66cm.

Alternatively you can fold the folding side panel to halfway - you may choose this option when your baby starts to roll at about three months of age.

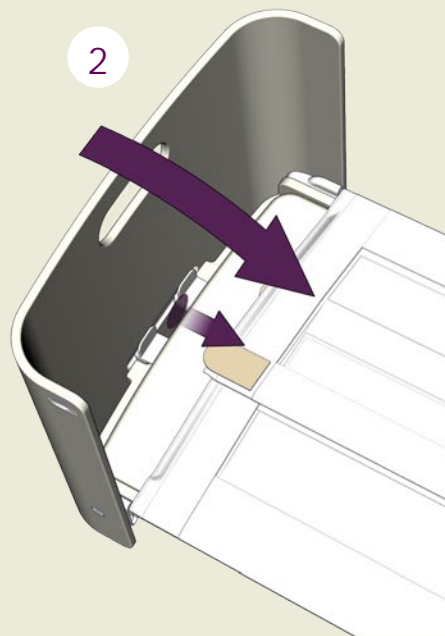


TO ENSURE THE SAFETY OF YOUR BABY - both side panels must be completely raised and secured to the wooden ends when you are not in bed beside your baby.

1



2



14

How to use as a Travel Cot (or Folding Flat)

- Step 1** Unclip the side panels, lift them up a couple of centimeters, then fold them inwards to lie flat on the mattress.
- Step 2** Fold down the wooden ends by placing your hand under the end of the mattress and pressing the plastic release mechanism towards the centre to disengage the catch. Do this for both ends. Lift off the folded **bednest** crib and set aside.
- Step 3** Now fold the stand: hold the middle carry-handle to avoid squashing fingers, lift both adjustable sliding catches and gently guide the stand down until folded flat. Lock the adjustable sliding catches again to hold the stand in its fully folded position. (not shown).
- Step 4** Fully unzip the carry bag and lay it out flat on the floor. Place the folded stand on one half of the carry bag, with the adjustable sliding catches facing up, then re-attach the folded **bednest** crib on top, taking care to locate the metal pins under the crib into the corresponding holes in the stand. Fold over the empty half of the carry bag and zip closed (not shown).

The cotton side sleeves covering the side panels can be easily removed for washing by undoing the hook and loop strips at the bottom and sliding off from the top. Please follow the guidance on the care label.

We hope the **bednest** will become a much loved part of your family, and should you pass on your **bednest** to friends and family to use after you, don't forget that they can order new mattresses and side panels via **www.bednest.com**.

Finally, we would appreciate your feedback about your experience of using your **bednest**, so please do pass on your comments via **www.bednest.com**.

As your baby's safety is important to us and to ensure the **bednest** stand remains stable, before first use and then periodically we recommend that you conduct the following check to ensure the stand locking mechanism is correctly set.

There is a video at the following link which will guide you.
www.bednest.com/adjust-lever-video.php

If the video is not available please refer to the instructions below.

With the stand folded flat flip up the adjustable sliding catches to their open position (unlocked).

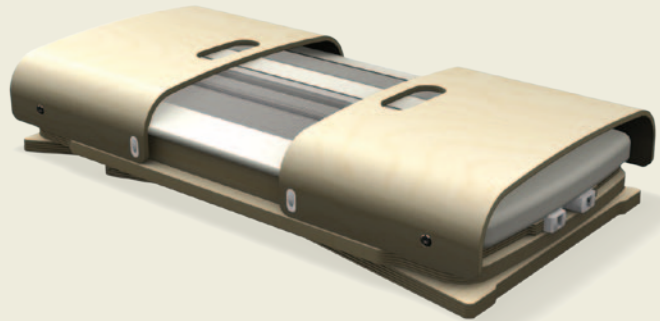
Turn each clockwise as far as possible (they maybe stiff). Close by pushing the levers down to clamp and lock. If after tightening you cannot fully lock the levers down, loosen off and half turn before re-trying.



This product conforms to BS EN 1130: 1996
Crisbs and cradles for domestic use - parts 1 and 2



nct the UK's largest parenting charity, supports the introduction of the bednest crib that enables a positive experience for parent and child.



www.bednest.com

'bednest two' is designed and marketed by Bednest Ltd Clouds Hill, Verriotts Lane, Morcombelake, Bridport, Dorset DT6 6DU
Registered Number: 5322058