

Sleep, naturally

with ergoPouch



FIVE FRESH NEW
SEASON PRINTS

—
NEW 3.5 TOG JERSEY
SLEEPING BAG



Contents



04

New Heritage Collection

08

New Forest Collection

12

Milestone chart

14

Cocoon Swaddle Bag



15

Jersey Sleeping Bag



20

Easy Sleep Portable Crib



17

Sleep Suit Bag

21

Window Blockout

24

What to wear guide

18

Sleep Onesie

21

Arm Warmers

26

Eco-credentials

19

Layers

22

Baby Tuck Sheet

28

Eco-friendly fabrication

20

Butterfly Cardi

22

Organic Cotton Sheet

29

Awards

20

Drift Away White Noise Machine

22

Organic Toddler Pillow

31

Safe sleep checklist



Oatmeal Marle



Dragonflies



Daisies

INTRODUCING THE NEW

Heritage Collection

The AW23 Heritage Collection features a refreshed line up of timeless prints, across our full range of organic, TOG-rated sleepwear.

Reimagined for AW 2023/24, our three new prints usher in a season of subtle playfulness, and exude serenity with their nature-inspired illustrations and colours. Designed and hand drawn in our Melbourne office, the collection not only meets the sleep needs of your mini(s), but seamlessly complements your nursery decor while doing so.









OPPOSITE PAGE CLOCKWISE FROM TOP:

- 1.0 TOG Long Sleeve Layer in Oatmeal Marle;
- 2.5 TOG Cocoon Swaddle Bag in Daisies and 1.0 TOG Long Sleeve Layer in Oatmeal Marle;
- 1.0 TOG Cocoon Swaddle Bag in Daisies;
- 2.5 TOG Cocoon Swaddle Bag in Dragonflies with Butterfly Cardi in Oatmeal
- 1.0 TOG Cocoon Swaddle Bag, 1.0 TOG Long Sleeve Layer and Butterfly Cardi in Oatmeal Marle with Drift away White Noise Machine

THIS PAGE, CLOCKWISE FROM TOP:

- 2.5 TOG Sleep Suit Bag in Daisies;
- 2.5 TOG Jersey Sleeping Bag in Dragonflies;
- 2.5 TOG Sleep Onesie in Daisies

INTRODUCING THE

Forest Collection

Frolick through the forest with this exclusive collection for AW23/24, and find all your mini's favourite friends.

With a warm terracotta tone and plenty of sweet details, the 'Forest Friends' print will take your mini on an adventure with deer, bunnies, owls and foxes.

Forage for mushrooms and search for the elusive hedgehog in 'Hedgehog Parade', a deep navy with Autumnal print colours.





Forest Friends



Hedgehog parade

















OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT:
 2.5 TOG Jersey Sleeping Bag in Hedgehog Parade;
 3.5 TOG Jersey Sleeping Bag in Forest Friends;
 2.5 TOG Sleep Onesie in Hedgehog Parade


THIS PAGE, CLOCKWISE FROM TOP:
 2.5 TOG Cocon Swaddle Bags in Hedgehog Parade and Forest Friends;
 2.5 TOG Cocon Swaddle Bag in Hedgehog Parade;
 2.5 TOG Sleep Suit Bag in Forest Friends

Sleepwear and bedding to suit every milestone

As your child grows and develops, so too does their style of sleeping. There's an ergoPouch product for every milestone whether your child is newborn, crawling or has become an independent big kid.

	Pouches				Layers
	Cocoon Swaddle Bag Helps newborn feel snug, secure and controls startle reflex	Sleeping Bag Ideal transition from swaddle to baby's first sleep sack	Sleep Suit Bag Converts from a sleep sack to a sleep suit using leg zippers	Sleep Onesies Great for active kids who kick off their blankets	Layers The only TOG-rated pyjamas on the market
NB					
0-3M					
3-6M					
6-12M					
12-24M					
2-4Y					
4-6Y					

These flags  indicate a typical journey through the pouch range based on standard developmental milestones.

Bedding			Accessories		
Baby Tuck Sheet Helps settle baby by providing warmth, comfort and security	Organic Fitted Sheet Non-toxic, certified organic, stretchy jersey cotton	Organic Toddler Pillow Toddler's first pillow — use as a training pillow in the crib	Portable Crib Window Blockout	Arm Warmers Butterfly Cardi	Drift Away White Noise Mask disruptive noises in the sleep environment for a better sleep
			 		
			 		
				 	
					
					
					

Cocoon Swaddle Bag

1.0 TOG

The simple zip-up design will keep baby snug and securely swaddled without the need for complicated wrapping.

Sizes

0-3M, 3-6M

Oatmeal Marle
NEW Heritage Collection



Daisies
NEW Heritage Collection



Sage
Heritage Collection



Night Sky
Heritage Collection



2.5 TOG

Made from and filled with organic cotton, the 2.5 TOG Cocoon Swaddle Bag is ideal for cooler winter nights.

Sizes

0-3M, 3-6M*

* Berries, Forest Friends and Hedgehog are only available in 0-3M

Dragonflies
NEW Heritage Collection



Oatmeal Marle
NEW Heritage Collection



Daisies
NEW Heritage Collection



Forest Friends
NEW Forest Collection



Hedgehog Parade
NEW Forest Collection



Sage
Heritage Collection



Night Sky
Heritage Collection



Berries
Heritage Collection



Jersey Sleeping Bag

1.0 TOG

The ideal first Sleeping Bag following the swaddling phase, its slim fit design and stretch jersey cotton mimics that of a swaddle.

Sizes

3-12M, 8-24M

Sage
Heritage Collection



Night Sky
Heritage Collection



Berries
Heritage Collection



Grey Marle
Heritage Collection



2.5 TOG

Our much loved Jersey Sleeping Bag, filled with organic cotton for extra warmth on cool nights.

Sizes

3-12M, 8-24M*

* Daisies is only available in 3-12M

Dragonflies
NEW Heritage Collection



Oatmeal Marle
NEW Heritage Collection



Daisies
NEW Heritage Collection



Hedgehog Parade
NEW Forest Collection



Sage
Heritage Collection



Jersey Sleeping Bag

3.5 TOG

NEW

Our much loved Jersey Sleeping Bag, filled with organic cotton and added arms for extra warmth on cold nights.

Sizes

3-12M, 8-24M

Forest Friends
NEW Forest Collection



Hedgehog Parade
NEW Forest Collection



Sage
Heritage Collection



Sleep Suit Bag

1.0 TOG

A safe way to keep little one warm without the need for extra blankets, the Sleep Suit Sack converts from a sleep sack to a suit with legs using zippers.

With capped sleeves, and a luxurious 400 thread count outer, our 1.0 TOG Sleep Suit Sack gives freedom in the cot for active infants and toddlers.

Sizes

8-24M, 2-4Y, 4-6Y

Sage
Heritage Collection



Night Sky
Heritage Collection



Berries
Heritage Collection



2.5 TOG

The award-winning Sleep Suit Bag in 2.5 TOG for room temperatures between 16°C and 23°C.

Sizes

8-24M, 2-4Y, 4-6Y*

* Only Heritage Prints are available in 4-6Y

Daisies
NEW Heritage Collection



Hedgehog Parade
NEW Forest Collection



Sage
Heritage Collection



Night Sky
Heritage Collection



3.5 TOG

The award-winning Sleep Suit Bag in 3.5 TOG for room temperatures between 14°C and 21°C.

Sizes

8-24M, 2-4Y

Daisies
NEW Heritage Collection



Hedgehog Parade
NEW Forest Collection



Sage
Heritage Collection



Sleep Onesie

2.5 TOG

The Sleep Onesie is the perfect option for toddlers or preschoolers transitioning into a big bed; kids who kick off their blankets; or little ones who don't like the restriction of a Sleeping Bag. Best for room temperatures between 16°C and 23°C.

Sizes

6-12M*, 12-24M, 2-3Y, 4-5Y*

* Hedgehog Parade is only available in 12-24M and 2-3Y

Daisies
NEW Heritage Collection



Sage
Heritage Collection



Hedgehog Parade
NEW Forest Collection



3.5 TOG

The Sleep Onesie with extra padding for cold nights, best for room temperatures between 14°C and 21°C.

Sizes

12-24M, 2-3Y, 4-5Y*

* Hedgehog Parade is only available in 12-24M and 2-3Y

Daisies
NEW Heritage Collection



Sage
Heritage Collection



Hedgehog Parade
NEW Forest Collection



Long Sleeve Layers

0.2 TOG

Designed to be worn underneath any of our pouches, our Long Sleeve Layers are slim fit to prevent bunching, and feature a unique three-way zip for easy dressing.

Sizes

0000*, 0-3M, 3-6M, 6-12M, 1Y, 2Y

* Only Night Sky is available in 0000

Sage
Heritage Collection



Night Sky
Heritage Collection



Grey Marle
Heritage Collection



Berries
Heritage Collection



1.0 TOG

The 1.0 TOG Long Sleeve Layer is a thick long sleeve romper for newborns, babies and toddlers, ideal for cooler nights when you need extra warmth under the pouch.

Sizes

0-3M, 3-6M, 6-12M, 1Y

Oatmeal Marle
NEW Heritage Collection



Sleep Tools

Butterfly Cardi

The Butterfly Cardi is designed to be worn over your baby's swaddle, to help them transition to arms-out with minimal sleep interruptions and maximum sleep comfort.

It can also be used for babies who prefer to sleep arms-up, rather than swaddled.

Sizes

Oatmeal: 0-3M

Natural: 2-6M

Oatmeal Marle
NEW Heritage Collection



Natural
Heritage Collection



Drift Away White Noise Machine

The Drift Away Portable White Noise machine features seven white noise sounds, designed to promote deep, restorative sleep for babies and adults by masking disruptive noises in the sleep environment. Incorporate the Drift Away sound machine into your sleep routine by playing one of the sounds at bedtime to help you and/or your baby be soothed and calmed to sleep, and build healthy sleep cues and habits.

With its lightweight design and rechargeable battery, the portable white noise machine is easy to take for naps on the go. The built-in soft LED light has three settings, and can help with overnight nappy changes, feeding and finding baby's lost dummy.



Easy Sleep Portable Crib

When life gets busy, sticking to the perfect sleep routine isn't always possible. For families who need flexibility and simplicity in their daily routines but don't want to compromise on safe sleep for their baby, the Easy Sleep Portable Bassinet is the perfect solution.

The bassinet features a lightweight but sturdy steel frame, which folds away into a super compact backpack for easy transport and storage. Its mesh sides run the entire way around the bassinet, while the mattress is permeated with airflow holes, creating a 360° safe and breathable environment in which to sleep your baby.



Window Blockout

The reusable, static-cling Window Blockout is the perfect solution for babies and toddlers who need total darkness to sleep. The blockout is white on both sides to seamlessly blend into your decor. It both blocks out light and reflects light away from windows, helping to regulate the room temperature.

Sizes

2 pack, 3 pack
Roll size: 46cm x 183cm



Arm Warmers

A bolero style jacket with 1.0 TOG rated arms, our Arm Warmers are designed to be worn over the top of any sleeveless Sleeping Bag for additional warmth.

Sizes

3-12M, 12-36M

Oatmeal Marle
NEW Heritage Collection



Natural
Heritage Collection



Bedding

Baby Tuck Sheet

This innovative product is a TOG-rated alternative to blankets for a newborn baby. A firm-fitting mattress sleeve, the Baby Tuck Sheet follows Red Nose safe sleep guidelines and is independently tested and approved by the INPAA.

Sizes

Bassinet, Cot

Sage
Heritage Collection



Grey Marle
Heritage Collection



Wheat
Heritage Collection



Rust
Heritage Collection



Organic Fitted Sheet

Our Organic Fitted Sheet is a soft, safe and gentle sheet for your baby to sleep on. We've got your mini covered for breathable, natural sleeping.

Sizes

Bassinet, Cot

Sage
Heritage Collection



Grey Marle
Heritage Collection



Wheat
Heritage Collection



Toddler Pillow & Case

The Organic Toddler Pillow and Case features a low profile designed to support the correct alignment of the neck during sleep from 2 years of age. Made from soft, breathable, 100% GOTS certified organic cotton.

Sage
Heritage Collection





CLOCKWISE FROM TOP:
Baby Tuck Sheet and Organic Fitted Sheet in Wheat;
Drift Away White Noise Machine;
Organic Toddler Pillow and Organic Fitted Sheet in Sage
Arm Warmers in Oatmeal Marle and 2.5 TOG Jersey Sleeping Bag in Dragonflies

Free thermometer with every pouch and Baby Tuck Sheet



What does TOG-rated mean?

TOG stands for Thermal Overall Grade and is a unit of measurement for insulation and warmth of sleepwear and bedding. Put simply, the lower the TOG rating, the lighter the fabric; the higher the rating, the more padded and insulated it is. TOG-rated fabrics are important as your baby cannot regulate their temperature like adults can.

Check the room temperature and then choose a suitable TOG pouch and layers according to our handy charts.

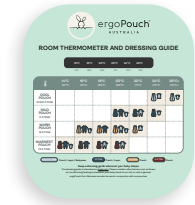
Our Baby Tuck Sheet is TOG-rated, just like our pouches and layers, so it easily slots into our recommended sleepwear combinations. The dressing guide included in the Tuck Sheet pack, takes into account the additional warmth it adds, and recommends a mixture of pouch and layer TOGs for a comfortable, healthy and safe sleep.

0.2 TOG	COOL LAYER / POUCH 24–26°C / 75–79°F
0.3 TOG	COOL LAYER / POUCH 24–26°C / 75–79°F
1.0 TOG	MILD LAYER / POUCH 21–24°C / 70–75°F
2.5 TOG	WARM LAYER / POUCH 17–23°C / 61–71°F
3.5 TOG	WARMEST LAYER / POUCH 14–21°C / 57–70°F

Autumn | Winter | Spring | Summer

*ergoPouch Arm Warmers can also be used in conjunction with our Swaddles & Sleeping Bags at these temperatures. The temperature guide is intended as a guide only. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general. Designed for use with ergoPouch products only.

Take the guesswork out of dressing your little one for sleep with our handy guide



	14°C (57°F)	16°C (61°F)	18°C (65°F)	20°C (69°F)	22°C (71°F)	24°C (75°F)	26°C+ (79°F+)
COOL POUCH (0.2/0.3 TOG)							
MILD POUCH (1.0 TOG)							
WARM POUCH (2.5 TOG)							
WARMEST POUCH (3.5 TOG)							

LEGEND 0.2 / 0.3 TOG Pouch / Layer / Bodywear 1.0 TOG Pouch / Layer 2.5 TOG Pouch 3.5 TOG Pouch

Make sure to adjust your baby's pouch and layers accordingly, when using the Baby Tuck Sheet



	14°C (57°F)	16°C (61°F)	18°C (65°F)	20°C (69°F)	22°C (71°F)	24°C (75°F)	26°C+ (79°F+)
COOL POUCH (0.2/0.3 TOG)							
MILD POUCH (1.0 TOG)							
WARM POUCH (2.5 TOG)							

LEGEND 0.2 / 0.3 TOG Tuck Sheet / Pouch / Layer / Bodywear 1.0 TOG Tuck Sheet / Pouch / Layer 2.5 TOG Pouch

Leaders in organic, ethical and sustainable sleepwear.

We believe all children deserve to sleep in premium fibres that care for their health and safety, as well as the environment.

All our garments are made with the highest quality GOTS certified organic cotton and are Non-Toxic certified by C&K Testing.

Designed and manufactured to last through many children over time, our garments encourage lower consumption. We actively support sustainability initiatives with our consumers, engage with sustainable print partners, and are always finding new ways to reduce our environmental footprint.





Protecting the environment for your children's children

Organic cotton is grown to minimize the impact on the environment, using less water, reducing toxic emissions and replenishing soil fertility. Our organic cotton is free from pesticides and is not genetically modified like conventional cotton.

All ergoPouch products are dyed using a water-based ink meaning that they're non-toxic for your child and their skin, and better for the environment.

Our fabrics are chemically tested and certified annually to show they are free from lead, phthalates, and formaldehyde by Hangzhou C&K Testing Technic Co. Ltd.



Non-toxic certified, organic cotton and bamboo fibres

Rest easy knowing that you are making the best choice for your child. Natural fibres are safer for your child and better for their skin because:

- they allow the skin to breathe
- they regulate body temperature
- they reduce the chances of overheating
- they reduce eczema flare ups
- no toxic chemicals sit against your child's skin

Our fabrics are GOTS certified at our factory by Peterson Control Union.



Ergonomically designed

As your child grows and develops, so too does their style of sleeping. ergoPouch products are designed for the unique sleep challenges at different ages and developmental milestones.

Empowering parents

We understand sleep is a journey and the goal posts are constantly moving when it comes to children's sleep. We're here to support you and help you to make informed decisions around your child's sleep.



Quality, durability and longevity

All our products are made to safe-sleep standards with the highest quality materials and manufacturing techniques to ensure safety and longevity. An ergoPouch will last for years and through multiple children, meaning less consumption over time.

They're also approved by the International Hip Dysplasia Institute to be hip-friendly.



CIRS | C&K
C&K Testing



Eco-friendly fabrication

Cocoon Swaddle Bag

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
2.5 TOG: Body & lining: 95% Organic Cotton & 5% Elastane
Filling: 100% Organic Cotton

Sleep Onesie

1.0 TOG: Body: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
Sleeves: 95% Organic Cotton & 5% Elastane
2.5 TOG & 3.5 TOG: Body, lining & sleeves: 95% Organic Cotton & 5% Elastane
Filling: 100% Organic Cotton

Arm Warmers

Body: 95% Organic Cotton & 5% Elastane
Sleeves: 100% Organic Cotton fleece

Baby Tuck Sheet

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane

Jersey Sleeping Bag

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
2.5 TOG: Body & lining: 95% Organic Cotton & 5% Elastane
Filling: 100% Organic Cotton
3.5 TOG: Body, lining & sleeves: 95% Organic Cotton & 5% Elastane
Filling: 100% Organic Cotton

Layers

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 67% Bamboo Viscose, 28% Organic Cotton, & 5% Elastane

Window Blockout

PVC, 0.24mm, 170GSM

Organic Fitted Sheets

95% Organic Cotton & 5% Elastane

Sleep Suit Bag

0.3 TOG: Body: 100% Organic Cotton
Side panels: 95% Organic Cotton & 5% Elastane
1.0 TOG, 2.5 TOG & 3.5 TOG: Body, lining & filling: 100% Organic Cotton
Side panels & Sleeves: 95% Organic Cotton & 5% Elastane

Butterfly Cardi

95% Organic Cotton & 5% Elastane

Easy Sleep Portable Bassinet

Mattress lining: 100% Cotton
Mattress inner: 100% Polyester foam
Net and shell outer: Polypropylene, Nylon, Polyester
Frame: Steel
Carry Bag: Polyester

Organic Toddler Pillow

Pillow: 100% organic cotton lining and filling
Case: 100% organic cotton

Awards

Cocoon Swaddle Bag



Sleep Suit Bag



Jersey Sleeping Bag



Baby Tuck Sheet



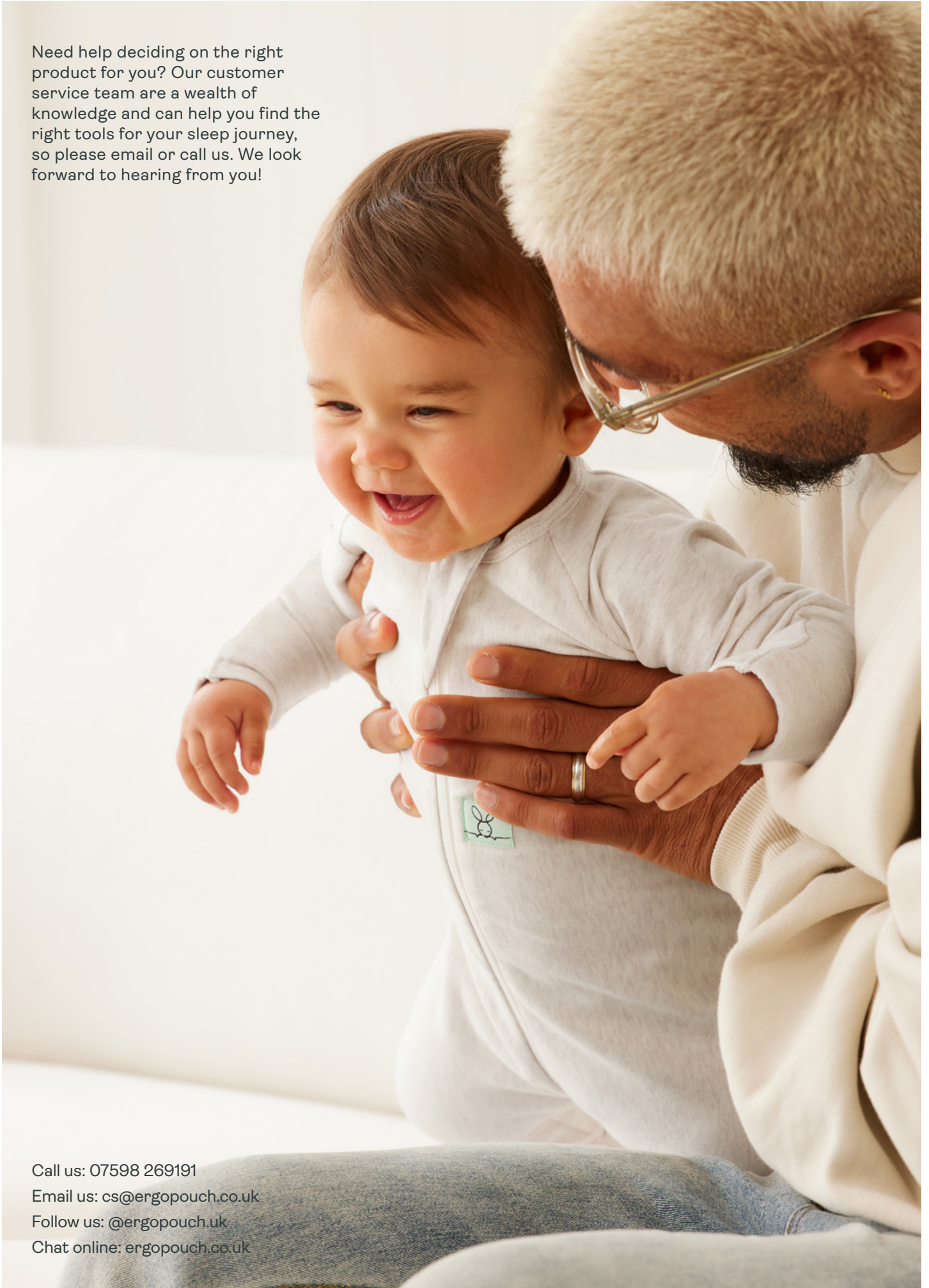
Layers



Easy Sleep Portable Crib



Need help deciding on the right product for you? Our customer service team are a wealth of knowledge and can help you find the right tools for your sleep journey, so please email or call us. We look forward to hearing from you!



Call us: 07598 269191
Email us: cs@ergopouch.co.uk
Follow us: [@ergopouch.uk](https://www.instagram.com/ergopouch.uk)
Chat online: [ergopouch.co.uk](https://www.ergopouch.co.uk)

What to look for when shopping for sleepwear and bedding

Use these handy checklists



NEWBORN

- TOG-rated for warmth
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Support healthy hip and joint development with a bell-shaped bottom
- Ensure it does not provide risk of suffocation or overheating
- Restrict startle reflex whilst still allowing small movements for healthy growth and self-soothing
- Two-way zippers for easy nappy changes.
- Give a feel of closeness and comfort, mimicking the womb



INFANT

- TOG-rated for warmth
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Arms-out sleeping for temperature regulation and safety once rolling
- Support healthy hip and joint development with a bell-shaped bottom
- Ensure it does not provide risk of suffocation or overheating
- Two-way zippers for easy nappy changes.
- Choose a slim-fit or wider bag depending on your child's preference



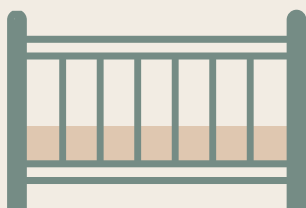
TODDLER

- TOG-rated for warmth
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Ensure that their legs will not be restricted, both for comfort and to reduce the risk of injury due to cot climbing
- Ease of removal for overnight toilet training
- Create sleep cues to develop healthy and positive sleep habits



PRESCHOOLER

- TOG-rated for warmth
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Provide warmth whilst encouraging the use of a blanket and pillow while 'blanket training' in the cot (2 years+)
- Reduce risk of injury if moving about the house overnight
- Provide easy access for overnight toileting
- Encourage positive bedtime routine and associations



LAYERS & BEDDING

- TOG-rated Layers and bedding are helpful in determining whether your child will be too hot, cold or just right
- Layers such as pyjamas and singlets are worn UNDER your child's pouch, while bedding such as the Baby Tuck Sheet are used OVER your child's pouch (ensure you use the correct product for your child's age and developmental stage)
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Consider nappy-changing and toilet-training needs overnight

