

happiest  baby

**snoo**

smart sleeper™

USER GUIDE



## MEET SNOO

The other new member of your family!

**Congratulations! And, thank you so much for choosing SNOO Smart Sleeper® to help your baby—and you—during these amazing first 6 months!**

Designed by celebrated pediatrician Dr. Harvey Karp, SNOO is a totally new type of bed that will help your baby be rested, healthy and happy.

### What's SNOO's secret?

- It's the only bed that perfectly mimics the rumbly sound + gentle rocking babies love in the womb.
- It "hears" your baby's cry and automatically responds with increasing levels of soothing white noise + jiggle motion...often calming fussing in under a minute.
- It's the safest bed ever made. It offers you extra peace of mind by keeping your baby safely on the back—all night long.\* (Stomach sleeping is associated with a higher risk of infant sleep death.)

*\*When used as directed.*

## SNOO AND YOUR BABY

The first 6 months.

Whenever you need a break—to fix a meal, take a shower or get some sleep—SNOO will be your faithful helper, ready to assist you 24 hours a day...7 days a week...month after month!

### **Within just days, SNOO will help your baby\*:**

- Fall asleep faster.
- Sleep longer.
- Cry less—and calm more quickly.

### **But, that's just the start of SNOO's benefits!**

#### **By 2-3 months, SNOO helps even more:**

- Adds 1-2+ hours to your baby's sleep.
- Prevents risky rolling to the stomach.
- Gives your baby all the benefits of swaddling—without the risks.

#### **By 3-6 months, SNOO perfects your baby's sleep:**

- Boosts sleep even through growth spurts, colds and sleep regressions. That's important because these troubles often cause babies to start waking every 2 hours—all over again.
- Sleep trains your baby naturally—without the need to “cry it out!”
- SNOO's weaning feature makes it easy to transition to a crib.

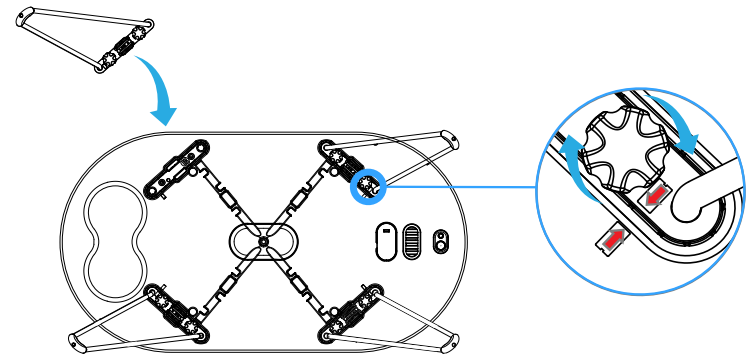
*\*Infants over 6 weeks old may take 3-7 days to adjust and show improved sleep.*



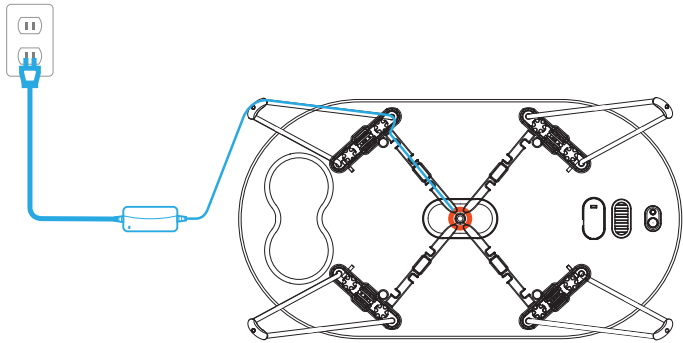


## PUTTING SNOO TOGETHER

It's a snap!



- Lay the dust bag that SNOO came in on the floor. Now, place the bed upside down—on top of the bag.
- Snap each leg into the base. Be sure to line up the arrows on each leg bracket with the same colored arrows on the base.
- Screw each knob in—all the way.



- Insert the thin power supply jack into the red circle on the bottom of SNOO.
- Flip SNOO onto its feet and plug it in.
- Attach the rubber cable guide onto the leg closest to your wall outlet and insert the thin power cable into it.



SNOO's Activity button will blink, then stay white. That means SNOO is ready!

### Contents of SNOO box



Includes: 1-SNOO; 1-Mattress + Sheet; 3-SNOO Sacks (S, M, L); 4-Legs; 1-Cable Guide; 1-Power Supply.

### Please read all instructions before using this product.

- SNOO is recommended for use until infants can push up on hands and knees, or around 6 months, whichever comes first.
- SNOO is not a replacement for responsible, attentive care or medical assistance.
- Always keep SNOO on a flat, even surface. (See page 26, "PREVENT STRANGULATION HAZARD")
- Never place anything under the SNOO mattress to raise the baby's head. (See page 26, "PREVENT STRANGULATION HAZARD")



## THE SNOO APP

Makes SNOO perfect for your unique baby!

**Download the App today! Here are App features parents love the most:**

**Remote Control** - Lets you adjust SNOO from your bed...or anywhere.

Change SNOO's levels from your mobile device. Monitor your baby's sleep when you're not at home!

**Level Lock** - Improves sleep if your baby is waking too often.

Many of us get sleepy on the train. Well, more rocking + sound can also boost baby sleep...even through growth spurts and sleep regressions. Locking keeps the bed's sound + motion fixed (won't rise with crying...or slow with sleep).

**Motion Limiter** - For babies—or parents—who like less jiggle.

This blocks the fast speeds, but still allows stronger sound in response to your baby's fussing.

**Response** - Lets you make SNOO more—or less—sensitive to your baby's cries.

This makes SNOO react faster to soft cries...or slower if your baby is a noisy breather and grunts a lot during sleep.

**Preemie** - Gives gentler rocking to tiny babies.

This blocks the fast speeds until your baby reaches the due date. (If you feel your preemie needs extra motion, just toggle this setting off.)

**Weaning** - When you want to prepare your baby to transition to the crib.

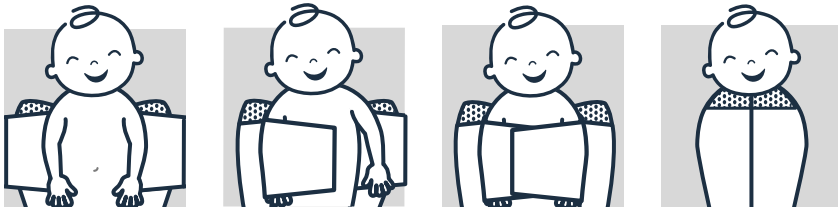
Provides gentle sound—but no motion—all night. SNOO will still respond to your baby's fussing with sound + motion. Select this option 1-2 weeks before you plan to move your baby to the crib, usually around 6 months.

## ALMOST READY

Becoming a master swaddler!

The SNOO Sack is the safest, easiest swaddle ever made! It attaches to special clips on SNOO to keep your baby safely on the back...and reduce risky rolling.

Ready to swaddle? Here's how:



- Unzip the sack and spread open the inner bands.
- Lay your baby on the sack. **Be sure to place the shoulders 2-3" higher than the top of the sack.**
- Straighten the arms...pull the inner bands around and attach them very snugly. (The bottom edge of the bands should cover most of the hands.)
- Pull the fabric at the top up and over the shoulders and zip the sack **completely**. (The top of the zipper should be below your child's chin.)





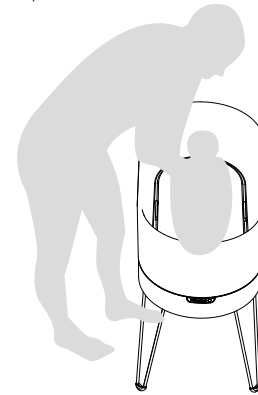
## USING SNOO

Let the fun begin!

Now that your bed and App are set up and your baby is snug, we suggest giving a nice feeding—and a good burping—to prepare your baby to SNOO-ze!

### Place your baby in SNOO

- Lay your baby down, placing the feet at the end near the Activity button.
- Slide each elastic loop—on the SNOO Sack safety wings—all the way onto its own safety clip.



*Note: For the first weeks, we suggest you put your little one down drowsy or fully asleep for naps and nights. As SNOO's natural womb rhythms become familiar, they will help your baby learn to fall asleep in SNOO.*



## Turn SNOO on

Push the Activity button once. The light will turn blue, and SNOO will start gently rocking and shushing your baby.

*Note: If you push the button without slipping the loops onto the clips, the bed won't turn on and the button will blink white.*

## Let SNOO work

SNOO will gently rock and shush your baby for all naps and all nights. And, when it "hears" crying, it responds automatically—to soothe the fussing—by moving through one or more levels of increasing white noise + motion.

Each level increase is indicated by a change in color of the SNOO Activity button: **Blue > Purple > Green > Yellow > Pink.**

**Blue** is like gently rocking your baby in your arms.

**Purple** is like driving around your neighborhood.

**Green** is like taking a fast hike with your baby in a sling.

**Yellow** is like quickly bouncing on a yoga ball.

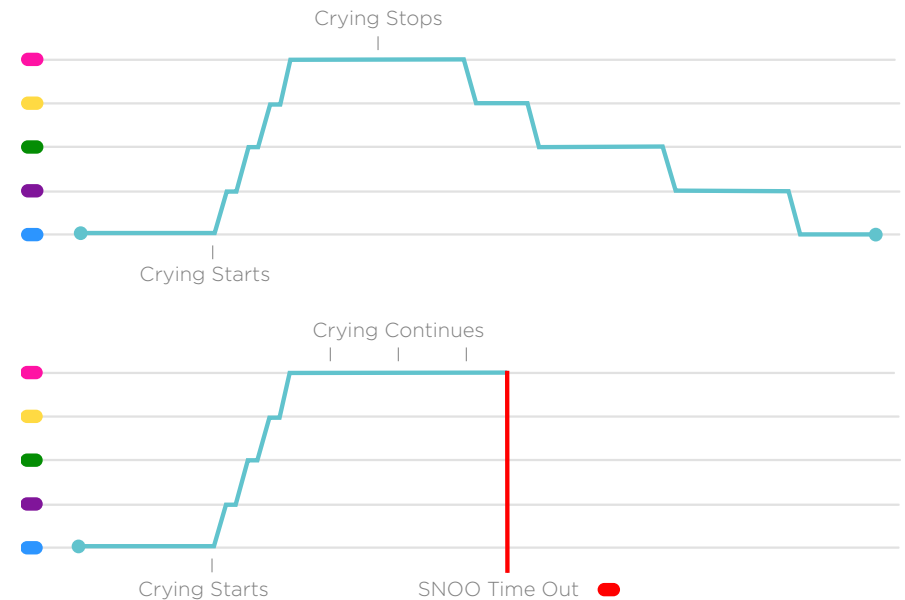
**Pink** is like a jiggly subway ride or driving with your baby on a bumpy road.

Once your child is calmed, SNOO will slowly reduce the vigor of its sensations until it returns to the gentle **blue** baseline level.

If the fussing lasts for more than a minute, just pick your baby up for a feeding, diaper change or cuddle. (If crying continues for a couple of minutes, SNOO will automatically stop and the Activity button will turn **red**.)

*NOTE: If the Activity button is blinking white, please check that the loops of the swaddle wings are engaged correctly.*

## How SNOO reacts to your baby's crying



## Turn SNOO off

To stop SNOO, just push the Activity button once or slip a loop of the swaddle wing off a safety clip.

For extra guidance, visit our step-by-step tutorials at [happiestbaby.com/faq](https://happiestbaby.com/faq)

SNOO is there to help...  
whenever you need  
a hand!





## DR. KARP'S TIPS

Great advice for great SNOO-zing!

To create SNOO, Dr. Karp worked with hundreds of families to find the best levels of sound + motion that quickly calm fussy babies and boost sleep. Through this research, he developed a collection of effective, science-based tips.

### **Here are a few of his thoughts and suggestions:**

#### **Babies can be put down in SNOO asleep...or awake.**

In the first weeks, you can lay your baby down either drowsy or asleep. As she gets used to SNOO, the natural womb sensations will help her learn to self-soothe and make it easy to put her down awake.

#### **Use SNOO for nights and naps.**

The more times babies sleep in SNOO, the faster they associate its gentle rhythms with bedtime...and the sooner they become great sleepers!

#### **SNOO mimics the calming rhythms we use when cradling babies in our arms.**

When we hold fussy babies, we naturally rock a bit faster and shush louder to settle them. We slow down—and quiet down—once they're asleep. Similarly, you can calm your baby's fussing faster by boosting SNOO's level by pressing and holding the Activity button for 5 seconds or using the App.

#### **Feeding more in the day helps babies need less milk at night.**

Newborns feed 8-10 times a day...including every 2-3 hours at night! However, giving a few more *daytime* ounces can help your baby sleep an extra hour or more *at night*. Consider waking your baby from naps that last over 2 hours to give a meal and also consider offering some cluster feedings in the early evening and a dream feed at night.

**Swaddling snugly with the arms down is the key for great sleep!** Although some babies resist wrapping, arms-down swaddling helps most sleep better. If your baby's arms pop out from the inner band of the SNOO Sack, check that it's snug and that the lower edge covers most of the hands. Locking SNOO on a higher level may also help your child be more accepting of the swaddle.

**Pick up your baby if SNOO doesn't quickly calm crying.**

SNOO responds quickly to crying, often calming fussing within 30-60 seconds. However, if the upset lasts longer, it's unlikely that SNOO will succeed. So, if crying continues, you should pick up your baby. It's the signal she needs...you!

**Don't worry about vomiting or acid reflux in SNOO.**

Spitting up (acid reflux) is common, but babies naturally turn the head when it happens...so there's very little concern. If your doctor wants you to raise your baby's head to reduce reflux, our SNOO Leg Lifters are perfect for that!

**Embrace the jiggle!**

Some parents find it very odd to see their baby jiggling on SNOO's top levels. But, many babies love vigorous bouncing on exercise balls and going on bumpy car rides. Jiggling often quickly calms crying during the early months because it mimics the motion babies love in the womb!

**By 3-4 months, babies become more alert...and this can undermine sleep.**

For babies who suddenly go through a 3- or 4-month sleep regression, locking SNOO at a higher level can help tune out distractions and keep them sleeping.

**After weaning from SNOO...use white noise for at least a year.**

Sound eases the transition to the crib...and helps babies stay good sleepers.

**Your baby is unique! It's easy to customize SNOO so it's perfect for your baby.**

Contact our SNOO specialists for help at [happiestbaby.com/contact](http://happiestbaby.com/contact)

For more advice, FAQs and helpful videos visit [happiestbaby.com/faq](http://happiestbaby.com/faq)

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## SNOO ACCESSORIES

### **SNOO Sack**

Our *5-second swaddle* is made with 100% organic cotton + breathable mesh. Small (5-12 pounds, 2-5 kilograms), Medium (12-18 pounds, 5-8 kilograms), Large (18-25 pounds, 8-12 kilograms).

### **Fitted Sheet**

Ultra-soft, 100% organic cotton is gentle on your baby's skin...and good for the planet.

### **Shorty Legs**

Makes SNOO the perfect companion to your platform bed. These are 7" shorter than standard legs.

### **Leg Lifters**

These are perfect for when your baby has a cold or stuffy nose (from dry air when using heat or A/C in your home). The lifters slightly elevate the head, making breathing easier. May also be used for babies with acid reflux.

### **Sleepea**

This is also a *5-second swaddle* made with 100% organic cotton + breathable mesh, but without the SNOO Sack wings. Great for when your baby is not in SNOO. Small (5-12 pounds, 2-5 kilograms), Medium (12-18 pounds, 5-8 kilograms), Large (18-25 pounds, 8-12 kilograms). Available in various colors and patterns.

You can find all our SNOO accessories at [happiestbaby.com](https://happiestbaby.com)

[happiestbaby](https://happiestbaby.com)

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## CARING FOR SNOO

### **Cleaning SNOO**

For safety reasons, the SNOO mesh is not removable. However, you can easily spot clean SNOO using a soft cloth with warm water and mild soap. At one end of the bed, there is a zipper to allow you access to clean between the inner and outer mesh walls. *Note: Never use bleach or abrasive cleaners.*

### **Cleaning the mattress**

The mattress has a water-resistant cover to prevent stains and contamination. You can gently clean the mattress cover with a soft cloth with warm water and mild soap. Then, air dry thoroughly—before using the mattress again.

### **Cleaning SNOO Sacks and sheets**

Machine wash with similar colored laundry in warm or cold water. Never use hot water or chlorine bleach. Tumble dry on a low heat setting. *Note:* When washing the SNOO Sack, make sure the Velcro wings are attached to each other and/or zip the sack closed to avoid damage caused by the Velcro clinging to other items in load. Also, give extra dryer time on low heat to completely dry the sack.

[happiestbaby](https://happiestbaby.com)

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## ▲ WARNING

FAILURE TO FOLLOW THESE WARNINGS AND INSTRUCTIONS COULD RESULT IN SERIOUS INJURY OR DEATH. READ ALL INSTRUCTIONS BEFORE ASSEMBLY AND USE OF THE PRODUCT. ADULT ASSEMBLY REQUIRED. DO NOT USE THIS DEVICE IF IT IS DAMAGED OR BROKEN.

## PREVENT FALL HAZARDS ▲

- To help prevent falls, DO NOT USE this product if the infant can push up on hands and knees or has reached 6 months of age, whichever comes first.
- Maximum weight: 25 lb (11.3kg)

## PREVENT STRANGULATION HAZARDS ▲

- When using the SNOO Sack, ALWAYS have the zipper fully closed—at top and bottom—and make sure the soft protective zipper hood is in place.
- ALWAYS keep SNOO on a flat, even surface.
- NEVER place anything under the SNOO legs or mattress to elevate the baby's head, other than products authorized by Happiest Baby.
- Strings can cause strangulation. Do not place SNOO's protective cloth bag or other items with a string in SNOO.
- Keep the power adapter cord out of reach of infants and children.
- DO NOT suspend strings or unapproved mobiles over SNOO or attach strings to toys.
- DO NOT place SNOO near a window or patio door where cords from blinds or drapes can strangle an infant.

## PREVENT SUFFOCATION HAZARDS ▲

- Infants have suffocated:
  - In gaps between extra padding and side of a bassinet / cradle, and
  - On soft bedding.
- When using the SNOO Sack, ALWAYS have the zipper fully closed—at top and bottom—and make sure the soft protective zipper hood is in place.
- Use only the mattress pad provided by Happiest Baby. NEVER add a pillow, comforter or another mattress for padding.
- NEVER place additional objects in SNOO Smart Sleeper, such as blankets, toys or other materials.
- ALWAYS ensure the mattress pad is positioned correctly. Do not create any pockets between the mattress pad and mesh sides.
- To reduce the risk of SIDS, infants should only be placed on the back to sleep, unless otherwise advised by their physician.
- If a sheet is used with the mattress pad, use only the one provided by Happiest Baby, or an authorized Happiest Baby partner.
- NEVER use plastic bags or other plastic film as a mattress cover.
- Discard all plastic packaging materials immediately after opening.
- SNOO is designed and is approved for use with only one baby at a time.

## PREVENT INJURY HAZARDS

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- Never place more than one infant in SNOO Smart Sleeper at a time.
- Never carry SNOO with an infant in it.
- Young children should not be allowed to play unsupervised in the vicinity of SNOO.
- Always remove the baby from SNOO before adjusting height.
- Always ensure that SNOO legs are securely inserted and screwed into the base before use.
- SNOO should be placed on a horizontal floor.
- Keep away from open fires and other sources of strong heat, such as electric heaters, gas fires, etc.
- Do not place anything in SNOO to elevate the mattress. The American Academy of Pediatrics warns that elevation can result in an infant sliding into a position that might make breathing difficult.

## CAUTION

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- SNOO IS NOT A SUBSTITUTE FOR RESPONSIBLE ADULT SUPERVISION.
- IMMEDIATELY CONTACT YOUR PHYSICIAN IF YOUR BABY IS UNUSUALLY FUSSY OR NOT RESPONDING NORMALLY.
- Read and follow instructions before assembly and use.
- If you do not have instructions, DO NOT use this product. Call Happiest Baby Customer Care at 1-855-424-6323 or visit [happiestbaby.com/contact](http://happiestbaby.com/contact) for help.
- Before using, inspect SNOO for damaged hardware, loose or missing components or sharp edges.
- NEVER use SNOO if any parts are missing or broken. Request replacement parts and instructional literature via [happiestbaby.com/contact](http://happiestbaby.com/contact) if needed. (DO NOT substitute parts.)
- Discontinue use of this product if your child is able to push up on hands and knees or at 6 months of age, whichever comes first.
- For indoor use only.
- This product is not a toy. Do not allow children to play with it.
- Do not pour water or liquids onto SNOO.
- Only use the power adapter provided. Use of other power adapters may permanently damage the bed.
- Keep this user's guide for future reference.



Dear Friends,

I am so happy to introduce you to...SNOO!

In recent years, almost every product we use has been improved, except baby beds. Amazingly, cribs and bassinets have been unchanged...for over 1000 years! They're pretty much just flat, still "boxes" to protect babies from falls and the family dog.

That's why we created SNOO!

In the womb, babies are cuddled, shushed and rocked...24/7. That's why infants don't sleep well flat on the back, in stiff beds, in quiet rooms. And, frequent waking leads to the #1 parent stress: exhaustion! Bone-weary parents more easily fall victim to nursing struggles, mastitis, marital fights, accidents, anxiety, depression and trouble losing the baby weight. Tired adults also bed share more, which leads to 1000's of infant deaths.

And, today's parents have it harder than ever because they often have little or no support. Think that's normal? Think again! Moms throughout history always had 3-4 "nannies" to help them (their mom, grandma, cousin, etc.).

Weaving together ancient wisdom and top science, SNOO boosts sleep with a perfect 4th trimester of gentle sensations. Plus, it keeps babies safely on the back, all night.

Bottom line: Babies deserve safer, better sleep...and so do tired parents.

With SNOO, babies are a whole lot easier to figure out. If SNOO quickly soothes crying, keep your head back on the pillow—your job is done! And, if fussing lasts over a minute, you know your baby needs YOU...for milk or maybe just a snuggle.

Thanks for letting SNOO help you help your baby during this very special time of life.

*Harvey*

Dr. Harvey Karp  
Founder, Happiest Baby

happiest**bb**by





When the baby is sleeping, everyone is sleeping!

Designed in California.  
Manufactured in China.

**Happiest Baby, Inc.**

For support please visit: [www.happiestbaby.com/customer-care](http://www.happiestbaby.com/customer-care)

or contact us at: [happiestbaby.com/contact](http://happiestbaby.com/contact)

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