

ergoPouch®



Sleep, naturally

SPRING SUMMER 23

Welcome

We're so pleased to have you here. We can tell you care about your baby's sleep — from how much they're getting, to what they wear and whether it's safe and warm enough. We've been there!

We can also tell you're the type of person who cares for the environment, who wants the best for their child — today and in the future. Rest assured, you've come to the right place. Inside this catalogue you'll find all the information you need to keep your child

safe and warm during sleep, whatever the age, stage or weather.

With more than 13 years of sleep behind us, we are the reliable and trusted innovators of natural, organic, premium sleepwear for newborns to big kids. Ergonomically designed and manufactured using the highest quality materials to give your child — and the whole family — a safer and more comfortable sleep journey.



Pg 10



Newborn
0–3 months

Pg 29



Infant
3–12 months

Pg 62



Pajamas
0–6 years

Pg 43



Toddler
1–3 years

Pg 20



NEW Cocoon Sleep Set
0–3 months

Pg 54



Preschooler
& Kids
3–6 years

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Sleep is a *journey*, not a *destination*.


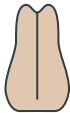
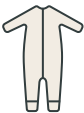

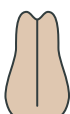
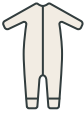

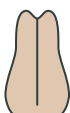




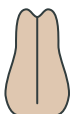

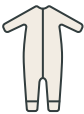





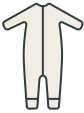









We don't promise easy fixes and magical solutions when it comes to baby's sleep. We do promise that your child will be safer and more comfortable in products that have been specifically designed to suit their sleep needs and challenges as they grow and develop.

From pregnancy to preschool, we're here to support your family in sleep.




















Sleepwear to suit every milestone

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

Pouches					Rompers
	Cocoon Swaddle Sack	Sleep Sack	Sleep Suit Sack	Sleep Onesies	Pajamas/ Rompers
	Helps newborn feel snug, secure and controls startle reflex	Ideal transition from swaddle to baby's first sleep sack	Converts from a sleep sack to a sleep suit using leg zippers	Great for active kids who kick off their blankets	The only TOG-rated pajamas on the market
0000	 				
0-3M	 				
3-6M	 	 			
6-12M					
1-2Y		 	 		
2-4Y			 	 	
4-6Y				 	

Bedding and sleep tools 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.

	Bedding		Accessories	
	Baby Tuck Sheet	Organic Toddler Pillow	Butterfly Cardi Arm Warmers Window Blockout Doll Sleep Sack	
0000				
0-3M				
3-6M				
6-12M				
1-2Y				
2-4Y				
4-6Y				

Pouch Tales SS23

Garden Party

NEW
LIMITED
EDITION

Pack a picnic, clutch your rainboots and skip into the garden where the bees are buzzing and the critters are busy. Flowers are in bloom and the back yard is dancing to the smell of spring. Gather your besties and come join the fun with our SS23 Garden Party Pouch Tales Collection.

Our two new prints, Critters and Honeybees, are inspired by your favorite garden friends in a sumptuous natural color palette of warm ivory and golden honey. Contrasted with powder blue, crisp green, punch orange, blossom pink and earthy tones to bring a touch of spring time to sleep time.



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

Spring | Summer
Fall | Winter

*ergoPouch Arm Warmers can also be used in conjunction with our Swaddles & Sleep Sacks 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



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

0.2 / 0.3 TOG Pouch / Romper / Bodywear

1.0 TOG Pouch / Romper

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



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

0.2 / 0.3 TOG Tuck Sheet / Pouch / Romper/ Bodywear

1.0 TOG Tuck Sheet / Pouch / Romper

2.5 TOG Pouch

Newborn

Everything you need for the 'fourth trimester'



0-3 MONTHS

From womb to world, ergoPouch has everything you need for uncomplicated newborn sleeping. Commonly referred to as the 'fourth trimester', your newborn will be sleeping around 16 hours a day in the first few months earthside as their body grows rapidly, their brain develops and they learn a circadian rhythm.

All babies are wonderfully different, but it may be that your mini will like to sleep in an environment that mimics the close confines of the womb. Swaddling, and ensuring your baby is in a safe-sleep environment, can help achieve this.

A newborn baby cannot regulate their body temperature, so it's important they have products that will keep them warm without overheating their little bodies. Add in the challenges of feeding around the clock and constant diaper changes, and the sleepwear for your newborn needs to work as hard as new parents!



1.0 TOG Cocoon Swaddle Sack in Critters and Honeybees and 0.2 TOG Cocoon Swaddle Sack in Critters



Newborn essentials



01. Cocoon Swaddle Sack keeps baby snug and secure See page 12 | 02. Long Sleeve Romper an essential for layering See page 54 | 03. Short Sleeve Romper for warm summer nights See page 50 | 04. Baby Tuck Sheet helps your newborn feel warm and secure See page 62 | 05. Butterfly Cardigan the ideal transition aid and now available in a size 0-3M See page 18 | 06. Window Blockout for a darker room and longer sleep See page 21 | 07. Room Thermometer FREE with every pouch See page 8

Cocoon Swaddle Sack

Best suited for *newborns* through to *infants who are rolling*

0.2
TOG

COOL POUCH
24–26°C / 75–79°F

1.0
TOG

MILD POUCH
21–24°C / 70–75°F

Our Cocoon Swaddle Sacks are suitable from birth and designed to be easy and safe to use, and comforting for your baby.

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

Sizing

- 0000*: To fit 21.5" and 4-11lbs
- 0-3 Months: To fit 24.5" and 6-13lbs
- 3-6 Months: To fit 24.5-26.5" and 13-18lbs
- 6-12 Months: To fit 26.5-30" and 18-22lbs

Fabrication

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

Why your baby will *love* the Cocoon Swaddle Sack



Zip enclosure

protects your child's delicate skin

Made and filled with organic cotton

for a healthy, safe sleep and gentle on sensitive new skin

Super stretchy

Allows for self-settling, full chest expansion, growth spurts and healthy shoulder joint development

Bell-shaped bottom

for healthy hip joint development

2-in-1 transitional system

Use arm poppers to convert from arms-in swaddle to arms-out sleep sack once baby shows signs of rolling

Keeps baby snug

Restricts startle reflex and gives a feel of closeness mimicking the womb

TOG-rated

for warmth so no need for blankets

Two-way zip

for simple use and easy diaper changes

Also available in 2.5 TOG in the Fall | Winter collection for room temperatures below 70°F
* This size available in Heritage Collection only



1.0 TOG Cocoon Swaddle Sack in Honeybees

Cocoon Swaddle Sack

0.2
TOG

COOL POUCH
24-26°C / 75-79°F

1.0
TOG

MILD POUCH
21-24°C / 70-75°F

Night Sky0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12M



Sage0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12M



Grey Marle0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12M



Critters NEW0.2 / 1.0 TOG

Collection: Pouch Tales (Garden Party)
Sizes: 0-3M | 3-6M | 6-12M



Honeybees NEW0.2 / 1.0 TOG

Collection: Pouch Tales (Garden Party)
Sizes: 0-3M | 3-6M | 6-12M



Berries0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12M





TOP: 1.0 TOG Cocoon Swaddle Sack in Critters and Honeybees
 BOTTOM: 1.0 TOG Cocoon Swaddle Sack in both Pouch Tales and Heritage prints



How to: safely swaddle a newborn

Swaddle should be fitted so that the head cannot slip inside the neck hole and become covered

Keep head and face uncovered

Swaddle should allow for full chest expansion

Hips and legs should have natural movement to prevent joint dysplasia

Choose natural, breathable fabrics

Sleep baby on a firm and flat surface

No pillows, soft toys or loose blankets

Always sleep baby on their back in their own safe space

Once baby is showing signs of rolling, transition to arms-out sleeping

Use your what-to-wear-guide to choose a suitable TOG-rated pouch and layers



Transition from arms-in swaddling to arms-out sleeping



1

Keep arms in while baby shows signs of startle reflex

2

Release one arm when baby shows signs of rolling

3

Release second arm when baby is comfortable sleeping arms-out

You can add a Butterfly Cardigan to aid this transition.

Suitable from 2–6 months, when a baby shows signs of rolling.

Light enough to wear over any sleep sack, any season.



Butterfly Card

0.2 TOG COOL LAYER

Best suited for *swaddled infants who show signs of rolling*

When your swaddled baby begins to show signs of rolling, it is time to transition them to arms-out sleeping for their safety.

The Butterfly Card 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.

NEW this season, we offer the Butterfly Card in size 0-3M for newborns who prefer to sleep hands-up. Available from March 2023.



Sizing

0-3 Months: NEW To fit max 13.2lbs
2-6 Months: To fit 24.5" and 11-18lbs

Fabrication

95% Organic Cotton & 5% Elastane

A closer look at the Butterfly Card



Grey Marle

Collection: Heritage
Sizes: 0-3M, 2-6M



Natural

Collection: Heritage
Sizes: 0-3M, 2-6M



NEW Cocoon Sleep Set

Complete baby swaddle kit for *all* sleeping styles

NEW
AVAILABLE
March 2023

The Cocoon Sleep Set is an all-in-one solution that gives your baby three different sleep-style options to choose from: arms-in, arms-out, or hands-up.

Whichever your baby's preference, all three configurations are TOG-rated for warmth, and designed to keep your precious newborn safe and comfortable during sleep without the need for loose blankets.

Pair your Butterfly Cardi with any of our other Cocoon Swaddle Sacks to give you maximum versatility.

If your baby prefers to sleep swaddled with their arms in, your Butterfly Cardi can be used to aid transition to arms-out sleeping once they show signs of rolling.

Available March 2023.

Sizing

0-3 Months: To fit 24.5" and 6-13lbs

3-6 Months: To fit 24.5-26.5" and 13-18lbs

Fabrication

Butterfly Cardi: 95% Organic Cotton & 5% Elastane

1.0 TOG Cocoon Swaddle Bag: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane

Different sleeping styles with the Cocoon Sleep Set



Swaddled



Hands-up



One-arm-out or
transitioning



Arms-out

Matchy Matchy Robe

Best suited for *pregnant women* and *mothers*.

A gorgeous and luxuriously soft bamboo viscose robe available in three gorgeous Heritage prints so mama can match with her minis. Ideal for the hospital bag, night feeds and lounging at home. With big pockets, you can store everything from the spare dummy, burp cloths and your lip balm.

Sizing

One Size fits most

Fabrication

95% Bamboo Viscose & 5% Elastane

Breathable, sustainable and *comfortable*



Sage

Collection: Heritage
Sizes: One Size

Grey Marle

Collection: Heritage
Sizes: One Size

Berries

Collection: Heritage
Sizes: One Size



Window Blockout

Best suited for any child or adult who *sleeps better in total darkness*.

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 for a more comfortable sleep.

Sizing

Roll size: 18" x 72"

Fabrication

PVC, 0.24mm, 170GSM

Features

Cut rolls to size for your windows
Static cling without residue
Roll or fold for storage and travel
Easy to wipe clean

Travel friendly and *compact*



2 pack

Collection: Heritage



3 pack

Collection: Heritage



Infant

Everything you need once baby is rolling

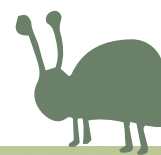
3-12 MONTHS

Congratulations, you've survived the newborn weeks! Now that your little angel is settling into a more predictable sleep routine and perhaps feeding less through the night, you may find new challenges present themselves.

As your baby learns to roll over, it is no longer safe for them to be swaddled or in a bassinet. Your child needs to transition to a safe, arms-out sleep sack in a crib to provide use of their arms in lifting and shifting

their head to the side for unobstructed breathing while lying on their tummy.

You may also find your infant's sleep disturbed by teething, developmental milestones and being more responsive to changing light and noise stimulus during nap time. As you navigate these phases, providing a safe, consistent sleep environment will go a long way to faster settling and gentle soothing.



0.2 TOG Long Sleeve Romper in Critters



Infant essentials

01



02



04



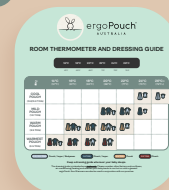
03



05



06



01. Jersey Sleep Sack is a natural transition from the Cocoon Swaddle Sack See page 24 | 02. Arm Warmers great for cooler nights See page 29 | 03. Short Sleeve Romper for warm summer nights See page 50 | 04. Long Sleeve Romper an essential for layering See page 54 | 05. Window Blockout for a darker room and longer sleep See page 21 | 06. Room Thermometer FREE with every pouch See page 8

Jersey Sleep Sack

Best suited for *infants who are rolling and sitting*

0.2 TOG	COOL POUCH 24-26°C / 75-79°F
1.0 TOG	MILD POUCH 21-24°C / 70-75°F

Once the swaddling phase is over and baby is ready for arms-out sleeping, this is the ideal first sleep sack. It's slim fit design and stretch jersey cotton mimics that of a swaddle.

Sizing

3-12 Months: To fit 24.5-30" and 13-22lbs
8-24 Months: To fit 26.5-36" and 17-31lbs

Fabrication

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

Why your infant will *love* the Jersey Sleep Sack

Zip enclosure

protects your child's delicate skin

Made from and filled with organic cotton

for a healthy, safe sleep and gentle on sensitive skin

Slim-fit and stretchy

makes for an easy transition from a swaddle

Bell-shaped bottom

for healthy hip joint development

Arms-out sleeping

for heat regulation and safety once rolling

TOG-rated

for warmth so no need for blankets

Two-way zip

for simple use and easy diaper changes



Also available in 2.5 TOG and 3.5 TOG in the Fall | Winter collection for room temperatures below 70°F



1.0 TOG Jersey Sleep Sack in Grey Marle

Jersey Sleep Sack

0.2
TOG

COOL POUCH
24-26°C / 75-79°F

1.0
TOG

MILD POUCH
21-24°C / 70-75°F

Night Sky 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M



Sage 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M



Grey Marle 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M



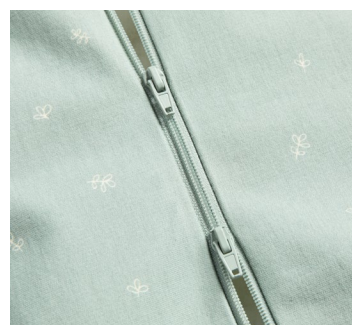
Berries 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M



TOP LEFT: 1.0 TOG Jersey Sleep Sack in Night Sky
TOP RIGHT: 1.0 TOG Jersey Sleep Sack in Grey Marle
BELOW: 1.0 TOG Jersey Sleep Sack in Berries





ABOVE: 0.2 TOG Long Sleeve Rompers in Night Sky, Honeybees, Berries, Sage, Grey Marle and Critters.
LEFT: 1.0 TOG Jersey Sleep Sack in Sage

Arm warmers

1.0
TOG

MILD LAYER

Best suited for *infants in sleep sacks*

A bolero style jacket made from organic cotton, our Arm Warmers can be worn over the top of any of our sleep sacks for extra warmth when the temperature drops. And with foldover mitts, you can also keep little fingers warm.

Sizing

3–12 Months: To fit 13–26lbs

12–36 Months: To fit 39"

Fabrication

Body: 95% Organic Cotton & 5% Elastane

Sleeves: 100% Organic Cotton Fleece

Helps keep baby *extra snug*

Fleece lined arms
to keep baby cozy
and snug

Stretchy body
with 1.0 TOG rated sleeves

Fold-over mitts
to keep little
fingers warm

Snap closures
for easy close and open





1.0 TOG Arm Warmers with 1.0 TOG Jersey Sleep Sack in Sage

Toddler

Everything you need for those busy toddler years

1-3 YEARS

Oh the mighty toddler! So full of vitality, curiosity and adventure. When your sweet babe reaches toddler-hood, this exciting milestone can often be accompanied by many sleep disruptions. A walking toddler who has newfound leg freedom wants to explore their world and their boundaries. They may no longer want to be confined to a sleep sack, but will soon start blanket and pillow training (from 2 years) in preparation for moving to a big bed.

Cognitive leaps alongside motor leaps can also contribute to refusal to settle or sleep, and you may also be attempting potty training during the toddler years.

At this stage, sleepwear can also help your toddler to understand positive associations with sleep and create healthy bed time habits.



0.2 TOG Long Sleeve Romper in Berries and Doll Sleep Sack in Berries

Toddler essentials

01



02



03



04



05



06



01. Sleep Suit Sack converts from a sleep sack to a sleep suit See page 33 | 02. Long Sleeve Romper an essential for layering See page 54 | 03. Short Sleeve Pajamas for independent dressing See page 58 | 04. Short Sleeve Romper for younger toddlers on warm nights See page 50 | 05. Organic Toddler Pillow and Case ideal as toddler's first pillow See page 64 | 06. Doll Sleep Sack matches little one and is perfect for role play See Page 39

Sleep Suit Sack

Best suited for *toddlers on the move*

0.3 TOG COOL POUCH
24–26°C / 75–79°F

1.0 TOG MILD POUCH
21–24°C / 70–75°F

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.

This gives more freedom in the crib while the summer weight suits makes the transition from a stroller to a crib an easy one.

Sizing

3–12 Months: To fit 24.5–33" and 13–26lbs
8–24 Months: To fit 26.5 to 36" and 17–31lbs
2–4 Years: To fit 36–42.5"
4–6 Years: To fit 42.5–47"

Fabrication

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

Why your toddler will *love* the Sleep Suit Sack



Also available in 2.5 TOG and 3.5 TOG in the Fall | Winter collection for room temperatures below 70°F



1.0 TOG Sleep Suit Sack in Sage and 0.3 TOG Sleep Suit Sack in Sage

Sleep Suit Sack

0.3 TOG COOL POUCH
24-26°C / 75-79°F

Sage	0.3 TOG	Night Sky	0.3 TOG	Berries	0.3 TOG
Collection: Heritage		Collection: Heritage		Collection: Heritage	
Sizes: 3-12M 8-24M 2-4Y 4-6Y*		Sizes: 3-12M 8-24M 2-4Y 4-6Y*		Sizes: 3-12M 8-24M 2-4Y 4-6Y*	



Sleep Suit Sack

1.0
TOG

MILD POUCH
21-24°C / 70-75°F

Sage 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M | 2-4Y | 4-6Y*



Night Sky 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M | 2-4Y | 4-6Y*



Berries 1.0 TOG

Collection: Heritage
Sizes: 3-12M | 8-24M | 2-4Y | 4-6Y*





CLOCKWISE FROM TOP:
 0.3 TOG Sleep Suit Sack in Sage;
 1.0 TOG and 0.3 TOG Sleep Suit Sack in Night Sky;
 0.3 TOG Sleep Suit Sack in Berries



CLOCKWISE FROM TOP LEFT:
 0.3 TOG and 1.0 TOG Sleep Suit Sack in Berries;
 0.3 TOG Sleep Suit Sack in Night Sky;
 0.3 TOG Sleep Suit Sack in Berries and 0.2 TOG Long
 Sleeve Romper in Sage;
 0.2 TOG and 1.0 TOG Jersey Sleep Suit Sack in Sage

Doll Sleep Sack

Best suited for *any child* who enjoys *imaginative play*

The Doll Sleep Sack is designed to help your child learn their bedtime routine and make night time settling easier and more fun.

Not only does the Doll Sleep Sack act as a sleep cue, promote positive sleep associations and routine learning, but it also aids in fine motor skill development. Your child will love matching their favorite doll or teddy bear!

Sizing

Small: 12"
Large: 16.5"

Fabrication

95% Organic Cotton & 5% Elastane

Helping teach *bedtime routine*

Sage

Collection: Heritage
Sizes: Small | Large



Berries

Collection: Heritage
Sizes: Small | Large



Preschooler & Kids

Everything you need for independent kids

3-6 YEARS

The time has come to graduate your sleeping beauty from the confines of their crib to a big bed! While your little human is adjusting to their big bed, they may need help figuring out how to sleep under blankets and use a pillow.

Your child may also be overnight potty training around the same time, which brings its own set of challenges (and washing — lots of washing).

Consistent and predictable routines are key to a successful transition, starting with

blanket and pillow training in the familiar crib environment from 2 years old.

Additional safety considerations come into play such as side rails, easy access to the toilet and household hazards if walking about during the night.

Sleepwear and bedding for your independent preschooler should encourage agency and self-sufficiency, while also keeping them safe.



0.2 TOG Short Sleeve Pajamas in Sage

Preschooler & Kids essentials

01



02



03



01. Sleep Onesie perfect for active little ones and kids in big beds See page 42 | 02. Short Sleeve Pajamas for independent dressing See page 58 | 03. Doll Sleep Sack matches little one and is perfect for role play See Page 39

Sleep Onesie

Best suited for *active little ones* and *kids in big beds*

0.2
TOG COOL POUCH
24–26°C / 75–79°F

1.0
TOG MILD POUCH
21–24°C / 70–75°F

The Sleep Onesie is designed to be worn on its own or with a Layer underneath. These are 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 sleep sack.

Sizing

6–12 Months: To fit 26.8–29.9"
12–24 Months: To fit 29.9–36.2"
2–3 Years: To fit 36.2–39.4"
4–5 Years*: To fit 42.5–45.3"

Fabrication

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

Why your little one will *love* the Sleep Onesie

Zip enclosure

protects your child's delicate skin and helps stop toddlers unzipping their pouches

Made with organic cotton

for a healthy, safe sleep and gentle on sensitive skin

Separate legs

for comfort and movement, reduces the risk of crib climbing injury and can be used with five-point harness



Three-way zip

for easy diaper changes and great during potty training

TOG-rated

for warmth so no need for blankets

Also available in 2.5 TOG in the Fall | Winter collection for room temperatures below 70°F



1.0 TOG Sleep Onesie in Grey Marle

Sleep Onesie

0.2
TOG

COOL POUCH
24-26°C / 75-79°F

1.0
TOG

MILD POUCH
21-24°C / 70-75°F

Grey Marle **0.2TOG**

Collection: Heritage
Sizes: 6-12M | 12-24M | 2-3Y | 4-5Y



Grey Marle **1.0 TOG**

Collection: Heritage
Sizes: 6-12M | 12-24M | 2-3Y | 4-5Y





CLOCKWISE FROM TOP:
1.0 TOG Sleep Onesie in Grey Marle;
1.0 TOG Sleep Onesie in Grey Marle;
0.2 TOG and 1.0 TOG Sleep Onesies in Grey Marle



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 fibers

Rest easy knowing that you are making the best choice for your child. Natural fibers 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 standards are constantly evolving 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



Layers

We've got layers for all sizes and all seasons

NEWBORN TO BIG KIDS

Our Layers and Pajamas are designed to be worn underneath our Cocoon Swaddle Sacks, Sleep Sacks, Sleep Suit Sacks, Sleep Onesies or on their own for day wear and big kids.

Add and remove layers as needed to keep your little one warm (but not hot) throughout the night.



0.2 TOG Short Sleeve Pajamas and Doll Sleep Sack in Sage

Layering essentials

01



02



03



04



01. Short Sleeve Pajamas for independent dressing See page 58 | 02. Short Sleeve Romper for warm summer nights See page 50 | 03. Room Thermometer FREE with every pouch to help you dress your little one See page 8 | 04. Long Sleeve Romper an essential for layering See page 54 |

Short Sleeve Rompers

0.2
TOG COOL LAYER

Best suited for *newborns* to *infants*

The 0.2 TOG Short Sleeve Romper is perfect for warm nights and can also be worn for daytime outings.

Pair it with any of our pouches using your room thermometer and what-to-wear guide.

Sizing

0–3 Months: To fit 24.5" and 13lbs

3–6 Months: To fit 26.5" and 18lbs

6–12 Months: To fit 30" and 22lbs

1 Year: To fit 33" and 27lbs

Fabrication

95% Organic Cotton & 5% Elastane

Why your baby will *love* the Short Sleeve Romper

Zip enclosure

protects your child's delicate skin

Made from organic cotton

for a healthy, safe sleep and gentle on sensitive skin



Short sleeves and legs

perfect for layering on warmer days and nights

TOG-rated

to work with your TOG-rated pouches



0.2 TOG Short Sleeve Rompers in Night Sky, Grey Marle, Berries and Sage

Short Sleeve Romper

0.2
TOG

COOL LAYER

Night Sky 0.2TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y



Sage 0.2TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y



Grey Marle 0.2TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y



Berries 0.2TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y



0.2 TOG Short Sleeve Rompers in Grey Marle and Sage



0.2 TOG Short Sleeve Rompers in Grey Marle, Night Sky, Berries and Sage

Long Sleeve Rompers

0.2
TOG COOL LAYER

Best suited for *newborns* to *toddlers*

Mix and match our TOG-rated Rompers (pajamas), designed to be worn under our range of Cocoon Swaddle Sacks, Sleep Sacks, Sleep Suit Sacks and Sleep Onesies. The Long Sleeve Romper is an ideal pajama for most of the year.

Sizing

0000*: To fit 11lbs
0-3 Months: To fit 24.5" and 13lbs
3-6 Months: To fit 26.5" and 18lbs
6-12 Months: To fit 30" and 22lbs
1 Year: To fit 33" and 27lbs
2 Year*: To fit 36"

Fabrication

0.2 TOG: 95% Organic Cotton & 5% Elastane

Why your little one will *love* the Long Sleeve Romper

Made with organic cotton
for a healthy, safe sleep and gentle on sensitive skin

Three-way zip
for easy diaper changes and potty training

Foot and hand cuffs
to pop over little toes and fingers on cool nights

Zip enclosure
protects your child's delicate skin

TOG-rated
to work with your TOG-rated pouches



Also available in 1.0 TOG in the Fall | Winter collection

*This size available in Heritage Collection only



0.2 TOG Long Sleeve Romper in Critters

Long Sleeve Romper

0.2 TOG COOL LAYER

Night Sky 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y | 2Y



Sage 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y | 2Y



Grey Marle 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y | 2Y



Critters NEW 0.2 TOG

Collection: Pouch Tales (Garden Party)
Sizes: 0-3M | 3-6M | 6-12Y | 1Y



Honeybees NEW 0.2 TOG

Collection: Pouch Tales (Garden Party)
Sizes: 0-3M | 3-6M | 6-12Y | 1Y



Berries 0.2 / 1.0 TOG

Collection: Heritage
Sizes: 0000 | 0-3M | 3-6M | 6-12Y | 1Y | 2Y





Short Sleeve Pajamas

0.2
TOG COOL LAYER

Best suited for *toddlers* to *preschoolers*

Short Sleeve Pajamas are ideal for toddlers who are potty training and for preschoolers who can dress independently.

Featuring the same slim fit as our Long Sleeve Pajamas, they're super stretchy and comfy for sleep.

Sizing

- 2 Years: To fit 36" height and 22" chest
- 3 Years: To fit 39" height and 23" chest
- 4 Years: To fit 42.5" height and 23.5" chest
- 5 Years: To fit 45" height and 24.5" chest

Fabrication

95% Organic Cotton & 5% Elastane

Why your little one will *love* the Short Sleeve Pajama

Separate top
and bottom
great for big kids and
potty training toddlers

Made from
organic cotton
for a healthy, safe sleep and
gentle on sensitive skin



TOG-rated
to work with your
TOG-rated pouches



0.2 TOG Short Sleeve Pajamas in Sage

Short Sleeve Pajamas

0.2
TOG

COOL LAYER

Sage 0.2 TOG

Collection: Heritage
Sizes: 2Y | 3Y | 4Y | 5Y



0.2 TOG Short Sleeve Pajamas in Sage

FIRST BEDDING Collection

What your mini sleeps **on** is as important as what they sleep **in**. To complement our range of Pouches, Layers and Pajamas, we welcome our new First Bedding Collection.

The Collection has been designed to support transitions on your sleep journey in the first five years.

Made from our signature organic cotton, the First Bedding Collection brings a natural, sustainable, breathable solution to your bedding needs.

From Baby Tuck Sheets for newborns to Toddler Pillows, the collection will see you from womb to world ***bassinet to bed and beyond.***



Baby Tuck Sheet

Best suited for **newborns** who sleep better when *feeling secure*

0.2
TOG COOL SIDE
18–26°C / 64–78°F

1.0
TOG MILD SIDE
14–20°C / 57–68°F

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.

Designed for use over the top of a swaddle, it provides added warmth, security and comfort for a newborn during sleep without the risk of coming untucked.

It offers two options for warmth with one side rated 0.2 TOG and the other 1.0 TOG — simply flip the sheet over to adjust the warmth, and follow our Bedding Temperature Guide (included in pack) for help when layering.

Sizing

Bassinet: 17.5" X 17.5"

To fit most rectangular and oval shaped bassinet mattresses

Crib: 29" x 25"

To fit most rectangular and oval shaped crib mattresses

Fabrication

0.2 TOG: 95% organic cotton 5% elastane

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

Suitable

From birth until rolling.

Discontinue when baby shows signs of rolling.

Why your baby will *love* the Baby Tuck Sheet

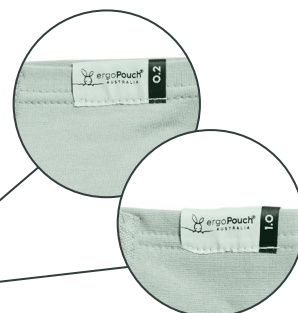


Stringently tested, and approved as safe
by leading infant safety organization INPAA

Use over the top of a swaddle,
for additional warmth, security and comfort

Fits securely around the mattress
and cannot become untucked, minimizing the risk of covering baby's face. Simply slip over the bottom of your mattress like a sleeve

Made with organic cotton
for a healthy, safe sleep and gentle on sensitive skin



TOG-rated
0.2 TOG on one side, and 1.0 TOG on the other so you have the choice of a light or warmer layer

Choice of zips
allows you to adjust the fit to two levels of firmness

Baby Tuck Sheet

0.2
TOG

COOL SIDE
18-26°C / 64-78°F

1.0
TOG

MILD SIDE
14-20°C / 57-68°F

Sage

Collection: Heritage
Sizes: Bassinet | Crib

Grey Marle

Collection: Heritage
Sizes: Bassinet | Crib



Baby Tuck Sheet in Grey Marle



Baby Tuck Sheet in Sage

Organic Toddler Pillow & Case

Ideal as *toddler's first pillow*

The Organic Toddler Pillow and Case features a low profile (1 inch) designed to support the correct alignment of the neck during sleep from 2 years of age. Both the pillow and case are made from soft, breathable, 100% GOTS certified organic cotton to prevent those sweaty feels at night.

Our organic cotton fabric is non-toxic and free from harmful chemicals and pesticides for a healthier and more sustainable sleep. With a quilted design to prevent clumping, the Organic Toddler Pillow can be machine washed. Handy, we know!

Sizing

Pillow: 12" x 18" x 1"
Case: 12" x 18"

Fabrication

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

Suitable

From 2 years. Do not use with a child under 2 years.

Why your toddler will *love* the Organic Toddler Pillow

Made from organic cotton

for a healthy, safe sleep without the sweaty feel of synthetic pillows

Pillowcase included in the set

available in three different prints to match your child's pouch or pajamas



Low profile (1 inch)

for correct spine alignment of toddler head, neck and shoulders

Fully machine washable

due to quilting in the pillow design which prevents clumping

Organic Toddler Pillow & Case

Pillow inner and pillowcase

Berries

Collection: Heritage
Sizes: Pillow & Case



Sage

Collection: Heritage
Sizes: Pillow & Case



Night Sky

Collection: Heritage
Sizes: Pillow & Case





What to look for when shopping for sleepwear and bedding

Use these handy checklists



NEWBORN

- ☐ TOG-rated for warmth
- ☐ Organic, breathable fibers 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
- ☐ Calm startle reflex while still allowing small movements for healthy growth and self-soothing
- ☐ Two-way zippers for easy diaper changes.
- ☐ Give a feel of closeness and comfort, mimicking the womb



INFANT

- ☐ TOG-rated for warmth
- ☐ Organic, breathable fibers 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 diaper changes.
- ☐ Choose a slim-fit or wider sack depending on your child's preference



TODDLER

- ☐ TOG-rated for warmth
- ☐ Organic, breathable fibers 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 crib climbing
- ☐ Ease of removal for overnight potty training
- ☐ Create sleep cues to develop healthy and positive sleep habits



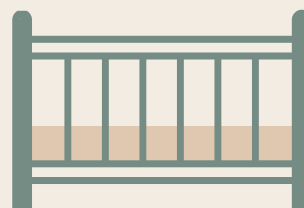
PRESCHOOLER

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



BIG KIDS

- ☐ TOG-rated for warmth
- ☐ Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- ☐ Encourage independent dressing and sleeping with sleepwear and bedding that is easy to use.
- ☐ 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 pajamas 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 fibers help regulate your little one's temperature and won't irritate sensitive skin
- ☐ Consider diaper-changing and potty-training needs overnight

SPRING SUMMER
2023



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: 1800 454 6803

Email us: cs@ergopouch.com

Follow us: [@ergopouch_usa](https://www.instagram.com/ergopouch_usa)

Chat online: [ergopouch.com](https://www.ergopouch.com)