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Instruction Manual

Sound Oasis® Sleep Bear

For use with children
from birth and up.



sound  *oasis*®

Model SB-950

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Thank you for choosing the Sound Oasis® Sleep Bear.

Sound Oasis® is the world leader in sound therapy systems and we are dedicated to making life healthier and more enjoyable for your baby, your children and you!

Your Sleep Bear combines superior quality sounds (hospital tested, baby proven, doctor endorsed sounds) and our advanced technology in the most lovable, cuddly plush bear!

Please take a few moments to review the following important information before using this item.

Thank You!

Important Safeguards:

CAUTION: PLEASE READ THIS BEFORE OPERATING YOUR UNIT

WARNING!

- Never place the Sleep Bear in a crib without attaching to crib rails/posts.
- Check the security of hook and loop straps to crib rail frequently.
- Never leave child unattended.
- Never let child play with sound pack.
- Remove the Sleep Bear from crib rails/posts when the baby begins to push up on hands and knees.

Battery & Electronic Warnings!

- Do not mix old and new batteries.
- Do not mix alkaline, standard or rechargeable batteries.
- Remove the batteries if the Sleep Bear is stored for long periods of time or when the batteries are exhausted.
- Dispose of exhausted batteries properly.
- The sound pack may be subject to interference from external sources such as transformers, electric motors or other electronic devices. To avoid distortion created by such sources, it is advised that you place the unit as far away from such sources as possible.
- Do not, under any circumstances, open the sound pack of this unit (other than the BATTERY COMPARTMENT). To do so may result in damage to the unit.
- Do not apply excessive force when using any switches or controls.
- Do not attempt to clean the sound pack or bear with a chemical solvent as this might damage the finish. Use a clean, dry cloth to clean the sound pack. The bear may be hand or machine washed on gentle mode once the sound pack is removed. Please refer to the Cleaning Instructions in this manual.
- Always keep this manual in a safe place for future reference.

Sleep Bear Overview:

Sound Oasis® advances sound therapy for babies and young children to a new level with the Sound Oasis® Sleep Bear. Combining hospital tested, baby proven and doctor endorsed sounds with an adorable, washable teddy bear, Sound Oasis® Sleep Bear provides a superior calming and sleep experience for children of all ages.

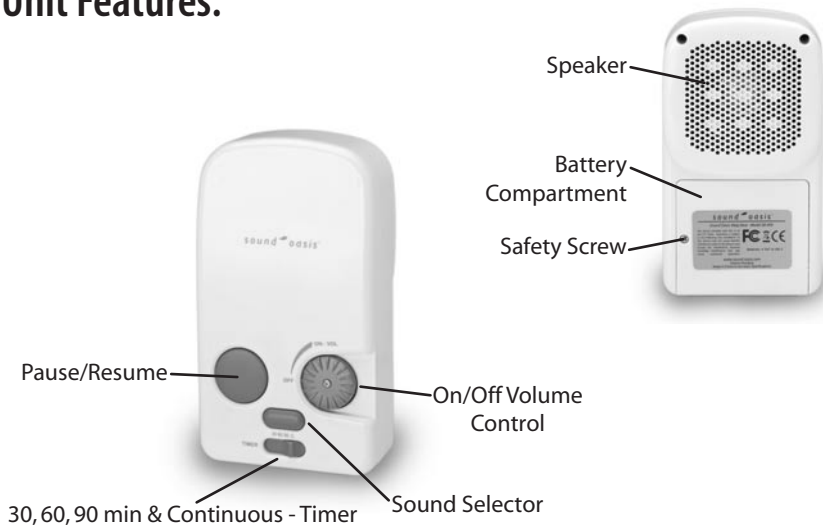
Sound Oasis® Sleep Bear incorporates a selection of 6 incredibly soothing sounds; **White Noise**, one of the most popular sleep aid sounds for any age, **Womb**, **Lullaby**, **Ocean Surf**, **Heartbeat** and **Car Ride**. The **Womb** sound was developed by the acclaimed Dr. Fred Schwartz - an expert in using music to soothe infants. The **Lullaby** sound was composed by Dr. Steven Halpern - the world's leading composer and recording artist of music for relaxation, wellness and "sound health".

The Sound Oasis® Sleep Bear fastens to a crib or stroller with the included straps and includes our ever popular features such as our patented Sleep Enhancement® technology, extra long sound tracks, automatic volume reduction, a 4 position timer and easy repeat for unsurpassed quality and convenience. After removing the SOUND PACK, the bear is machine or hand washable.

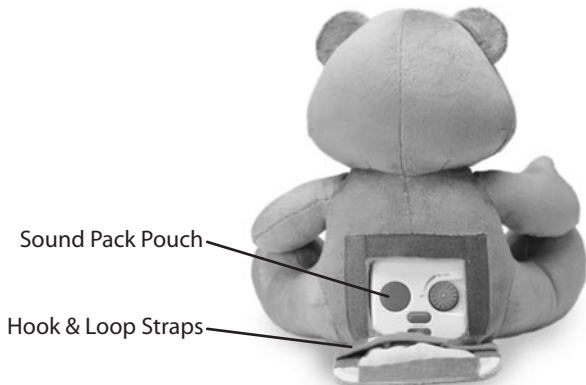
Safety Note:

The Sound Oasis® Sleep Bear is made of all new, washable materials. It conforms to ASTM F963 Standard Consumer Safety Specification for Toy Safety and includes such safety features as sewn eyes and hook and loop closures and straps.

Unit Features:



Unit Features: (cont)



Power Source:

The SOUND PACK that provides the sound for your Sleep Bear is powered by four (4) "AA" batteries (not included). To install the batteries, unscrew the SAFETY SCREW and open the BATTERY COMPARTMENT. Insert four (4) "AA" alkaline batteries in the directions marked by the indicators inside the BATTERY COMPARTMENT. Replace the BATTERY COMPARTMENT door and tighten the SAFETY SCREW.

Operation:

Turning Sound On:

Turn your Sleep Bear's sound on by rotating the ON/OFF VOLUME CONTROL to the desired volume level. When first turned on, your unit will automatically play its factory sound setting – **White Noise**.

Selecting Sounds:

The Sleep Bear's SOUND PACK has six (6) sounds. To play any sound, press the SOUND SELECTOR button until you reach your desired sound.

Volume Adjustment:

To adjust the volume of sound playback, rotate the ON/OFF VOLUME CONTROL to your desired volume.

Note: Playing these sounds at moderate to high volume is generally effective, but you may need to adjust the volume based upon the distance of the unit from your baby and other noise in the room. Generally speaking, placing the unit 18 inches from your baby's crib or child's bed is adequate at moderate volume.

Timer:

Select the length of time you want the sound to be played by sliding the TIMER button to the desired setting. Four (4) positions are available: "Continuous" for constant playback, "30" for 30 minutes, "60" for 60 minutes and "90" for 90 minutes.

To provide a non-jarring off, in the "30", "60", or "90" minute timer positions, the sound gradually fades away in the last 10 minutes of play before turning off.

Stopping Sound Playback:

In addition to the timer feature, the sound playback from your Sleep Bear may be turned off manually by turning the ON/OFF VOLUME CONTROL off.

Pause/Resume Feature:

The unique PAUSE/RESUME button on the SOUND PACK allows you to conveniently turn the SOUND PACK off during sound playback or to repeat the last played sound sequence.

Example: Your baby is listening to the **White Noise** sound at half volume on the "60" minute timer position. After the timer automatically turns the unit off after 60 minutes, pressing the PAUSE/RESUME button

will automatically repeat the entire sequence by playing back the **White Noise** sound at half volume for another full 60 minute period.

Sleep Enhancement® Feature:

Sleep Center research has proven that a gradual slowing of sounds helps promote better sleep and relaxation. We've taken that research and incorporated it into the Sleep Bear. Called Sleep Enhancement®, this unique technique gradually slows down the playback speed of each sound over a 40 minute period to help lull your to baby or child to sleep.

Description Of Sounds:

The Sound Oasis® Sleep Bear incorporates superior sounds and advanced sleep therapy for the most realistic, most effective sound therapy available.

The **Womb** sound was developed by the acclaimed Dr. Fred Schwartz - an expert in using music to soothe infants. The **Lullaby** sound was composed by Dr. Steven Halpern - the world's leading composer and recording artist of music for relaxation, wellness and "sound health". These sounds create a soothing, therapeutic environment that have been proven to help babies and children relax and sleep better.

makes life better!

With six (6) unique sound selections, some parents may discover and use one sound continually, while others may use different sounds over time for variety, transition to a new age level, etc.

The six (6) sounds are listed and described below.

White Noise:

The steady flow of a cascading waterfall is perfect as a “natural white noise”. Profoundly calming to infants (and adults!), constantly recommended by physicians and pediatricians, this natural sound blocks out disturbing noises and shares many of the natural sounds that we all heard when we were in our mother’s womb – the continual whooshing sound made by blood flowing through arteries near the womb.

Womb:

This superior womb sound, developed by Dr. Fred Schwartz of Piedmont Hospital in Atlanta, Georgia, provides an exceptional recreation of sounds a baby hears in a mother’s womb.

Babies inside the womb can hear at least several months before they are born. The baby learns to adapt to mother’s breathing, movements, and her voice as she speaks or sings, and the rhythmic pulsation of the blood flow into the uterus and through the placenta. This pulsation

becomes baby's constant companion during the entire fetal period. It is the baby's safety and security.

The womb sound included with the Sleep Bear is derived from music successfully used in hundreds of neonatal units and thousands of childbirth classes.

Lullaby:

This delightful melody provides a happy, familiar and soothing sound. Professionally composed by Dr. Steven Halpern - the world's leading composer and recording artist for relaxation, wellness and "sound health" - the sound comes from Dr. Halpern's vast work on how his unique approach to composing and recording music can quickly and effectively relax babies and their loving parents.

Ocean Surf:

This beautiful ocean surf sound provides a calm rhythm that helps your baby or child relax and sleep. Soothing sounds of ocean and water are also reminiscent of the fluid environment in which we began life.

Heartbeat:

Most babies are soothed by the sound and pulse of a moderately relaxed heartbeat. This authentic recording provides an ideal beat and rhythm for babies, children, adults and even young pets.

makes life better!

Car Ride:

Many new parents discover that their children almost magically fall asleep to the rhythmic motion and sound of a car. This authentic recording of the inside of a moving car blends a pulsating murmur with white noise to recreate a soothing environment without the hassle of driving around the block!

When To Start Using The Sleep Bear:

Introducing the Sleep Bear to babies within the first 10 weeks of life may improve effectiveness. When born, your baby has just emerged from the womb where he or she has been hearing similar sounds for several months. The Sleep Bear sounds can help by providing soothing, familiar sounds.

Please remember that babies like routine, so use your Sleep Bear every time you put your baby down for a nap for greater effectiveness.

Where To Place The Sleep Bear:

Crib Mode - from newborn until child can sit up unassisted:

Attach the Sleep Bear to the crib by wrapping the HOOK AND LOOP STRAPS on the back of the Sleep Bear to a crib rail or post. For safety reasons, it is recommended that the Sleep Bear be secured to the opposite end of the crib, away from your baby.



Nursery Mode - from when your child can push up unassisted to toddler age:

Place the Sleep Bear somewhere other than the crib, away from the reach of your child.

For example, on a night table, changing table, dresser, etc.

Toddler Mode - 2 years and up:

Place the Sleep Bear on your toddler's night table or dresser for listening to during sleep or remove the Sound Pack and your toddler can use the Sleep Bear as a cuddly companion.

Tips To Help Your Baby Sleep:

- Sleep Bear sounds will not suppress a baby's cry if the crying is the result of hunger, pain, cold, wetness or unusual discomfort, so please attend to these basic needs first.
- Allowing your baby to suck at your breast, a bottle, baby's own fingers, or thumb can be comforting.
- Carry your baby close – snuggle him/her close to you in your arms, a baby carrier or sling.
- Massage - gentle stroking and massage of all kinds can help calm your baby. But don't massage his/her tummy before your baby is four weeks old. You will also enjoy the feeling of gently massaging your baby, but avoid your baby's spine and avoid nut-based oils such as almond oil.
- Music – soft rhythmic sounds, Sleep Bear sounds or music can help comfort newborns. Even the droning sound made by a washing machine, fan or vacuum cleaner can help soothe some babies.
- Fresh air - get out and about with your baby, and even if the crying doesn't stop, it will not seem quite so bad outdoors.

- Wind - some babies feel better after they have had a chance to bring up some wind. One way to do this is to place your baby in an upright position against your shoulder and pat your baby's back gently.
- Bath - some parents swear by giving their baby a warm bath. It can instantly calm some babies, but be aware that it can also have the opposite effect. You know your baby best.
- Quiet time - after feeding, put your baby down for some quiet time. Be aware he or she may cry for a few minutes before going off to sleep. Most babies' settle when taken for a walk and the exercise helps parents feel better too.
- Drive - Some babies only seem to settle when taken for a drive. This is not ideal, but if you are able to do this, it might be useful, particularly during the early weeks and months.
- Rocking - your baby got use to your body movements while in the womb. Your baby may miss that motion, so rocking and other swinging movements may help.
- Whispering - to babies will sometimes get their attention and stop them crying.

Cleaning Instructions:

Use a clean, dry cloth to clean the Sound Pack.

The Bear may be hand or machine washed on gentle mode once the Sound Pack is removed. Tumble dry on low setting after washing.

Warranty:

Sound Oasis® Company warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase. Please contact customer service at 1-866-625-3218 or **info@sound-oasis.com** for assistance.

FCC Notice:

This equipment complies with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. Operation is subject to the following two (2) conditions:

- (1) This device may not cause harmful interference; and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Contact:

Sound Oasis® Company

P.O. Box 526

Marblehead, MA 01945-0526

For technical support, please call 1-866-625-3218

www.sound-oasis.com

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