



What is cosleeping?

Cosleeping implies that parent and baby are sleeping together in close proximity. The term covers both sharing a bed with your baby as well as having your baby sleep next to you in a three sided bedside 'cosleeper' crib next to the side of your bed. Thus the bednest when in its 3 sided mode with the height appropriately adjusted and the strap firmly attached around your bed becomes a cosleeper or along-side sleeper. The bednest allows for cosleeping (or bednesting) but *not* bedsharing.

Why consider cosleeping?

American bedsharing expert, James McKenna, sums it up when he says "Babies who sleep close to a 'committed, adult care-giver' have half the chance of dying from SIDS, compared to those infants who sleep in a room alone, or even in a room with other children." He goes on to say that "this closeness may take the form of a cot by the bed, or bedsharing with mother."

Dr Helen Ball, who has her own sleep laboratory as part of Durham University and, like Dr McKenna, is also considered an international authority on infant sleep goes further when she says, "the development of an early physical relationship between mothers and infants, where infants remain in direct contact with their mother's body night and day for periods of weeks or months following birth, is vital for both infant survival and normal development."

Benefits of cosleeping using a cosleeper

- Convenience!
- No need to get out of bed to feed at night
- Baby settles easily next to the parent bed
- More sleep for all your family
- Perfect for bonding with a new baby (which is vital for both infant survival and normal brain development without which future aggression and conduct disorders can manifest)
- Can breastfeed more easily (breastfeeding is recommended to help avoid cot death) with all the associated advantages of short & frequent breast feeds leading to less nipple trauma
- Can easily touch baby/hold baby's hand (there is a wealth of research about the importance of constant physical contact for young infants)
- Less disturbance when baby wakes due to proximity of Mum to baby
- Encourages breastfeeding whilst lying down (which aids latching)
- Eye to eye contact is unimpeded
- Baby can be rolled to Mum instead of being lifted out of a non cosleeper crib
- Unlike sitting feeding in a chair if Mum does fall asleep whilst feeding in bed lying down baby can't fall off the lap onto the floor
- Reduces incidence of cot death by half
- Increases probability of continuing to breastfeed until six months at least
- Allows for accessibility, interaction and unhindered access

Why choose the bednest bedside crib or cosleeper for cosleeping?

Babies often show strong preferences about where they do or do not want to sleep and parents tend to change their arrangements accordingly. An unsettled baby means disturbed nights for the whole family. However because of the bednest's portability baby always sleeps in the same cosleeping / cosleeper environment.

Bednest Director and Health Professional Sarah Priday said "the new bednest not only looks stylish, it elegantly provides the solution to sleeping with your baby which means that it is a 'must have' for all mother especially those intending to breast feed. Plus, of course, the fact that it can be used as a 3 sided crib, a stand alone 4 sided crib, as a Moses basket around the house AND as a travel crib means that babies can now sleep in exactly the same environment for the first 6 months of their life". "And if that means that parents get more sleep because their baby is more settled then it is worth its weight in gold!" She added.

What the experts say about the bednest

The bednest looks like an excellent idea for both mother and baby. It has the potential to promote togetherness, breastfeeding and security said Deborah Jackson, co-sleeping guru and author of *Three in a Bed*.

A spokesperson for NCT – the UK's largest parenting charity said "NCT supports the introduction of the bednest crib that enables a positive experience for parent and child"

The following produced jointly by FSID and the Department of Health are the guide lines parents can take to reduce the risk of cot death

- Place your baby on the back to sleep, in a cot in a room with you
- Do not smoke in pregnancy or let anyone smoke in the same room as your baby
- Do not share a bed with your baby if you have been drinking alcohol, if you take drugs or if you are a smoker
- Never sleep with your baby on a sofa or armchair
- Do not let your baby get too hot

keep your baby's head uncovered place your baby in the "feet to foot" position