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Träumeland
the breathing mattress

FOR A HEALTHY AND SAFE SLEEP FOR BABIES

THE BABY SLEEP HANDBOOK



MADE IN AUSTRIA



TRÄUMELAND, OUR DREAMLAND

The most beautiful thing for parents is probably seeing their baby sleep,
safe and sound. We have known this feeling (and our responsibility) for over
50 years.

Because we enjoy the trust of so many mothers and fathers, we manufacture our baby products with the utmost care and integrity. After all, good, restful sleep is important—for both children and parents. That is why our high-quality products guarantee your baby not only a comfortable night's sleep but also a healthy sleeping position.
Developed and crafted with the greatest care to gently guide your child into the land of dreams, safe and sound, every night.

The Nösslböck Family



„WE DEVELOP AND MANUFACTURE OUR
BABY AND CHILDREN'S PRODUCTS
AS IF THEY WERE FOR OUR OWN CHILDREN. “

We use resources mindfully.
For us, careful production means taking a close look: Where do our materials come from? How can we make better use of existing resources? And how can we develop products that will accompany families for a long time?

THE BREATHING MATTRESS, MADE IN AUSTRIA

We only want the best for babies and rely on high-quality and strictly tested materials. It is particularly important to us that the mattress can breathe. Therefore, when developing new products, we focus primarily on ventilation systems and the prevention of heat build-up.



Ventilation in the mattress core

Through appropriate ventilation channels in the mattress core, special contour cuts or a 3D air cushion layer, the CO_2 exhaled by the baby is eliminated and unhealthy heat built-up is avoided. Optimum air circulation allows the baby to breathe more freely and sweat less.

Air permeable mattress covers

Our covers are particularly breathable and promote optimal air circulation so that your baby can sleep peacefully and safely.

Regional production

We are extremely proud that all our mattresses are 100% produced at our site in Upper Austria. We can thus guarantee consistent high quality and professional workmanship from our highly qualified team.



CERTIFIED QUALITY

All products are tested by independent testing institutes to guarantee safe and healthy baby sleep. You can rely on our products, because excellent quality means everything to us.

OEKO-TEX Standard 100 certifies that our products and materials are suitable for use in baby beds. All our mattresses are certified in class 1 (for babies), in which the limit values are particularly strict.

DOWNPASS guarantees a controlled animal husbandry. No down or feathers from live plucking, cage farming or foie gras production are used.

FKT: The quality seal of the "Fördergemeinschaft" identifies body-compatible textiles that do not release any substances that could irritate the skin or harm the body.

Recommended by midwives: More than 100 independent midwives have examined and tested the LIEBMICH sleeping bag.

kbA stands for "controlled organic cultivation". This means that there are no artificial fertilisers, pesticides or defoliants.

LGA certifies mattress foams that are low in emissions and harmful substances.

CertiPUR-certified foams – tested against defined requirements regarding health- and environment-related constituents and VOC emissions.

Träumeland mattresses are tested in accordance with the **DIN EN 16890 standard**, and undergo continuous further development.

You can find the corresponding certifications for each product at **www.traeumeland.com!**

WHAT YOU SHOULD KNOW ABOUT

BABY SLEEP

"The first years of life are crucial for the devolpment of a baby, with both physical growth and mental maturation progressing rapidly.

With a good mattress, you can promote your baby's healthy development from day one."



Senior Physician Dr. Isabelle Hetzmannseder
Specialist for Paediatric and Adolescent Medicine

How much sleep does my baby need?

Age	1 week	1 month	3 months	6 months	9 months	12 months
Average hours/ day	16,50	15,50	15,00	14,25	14,00	13,75

Age	18 months	2 years	3 years	4 years	5 years	6 years
Average hours/day	13,50	13,00	12,00	11,50	11,00	10,75

Note: These are average values. It is completely normal if the sleeping patterns of your baby do not correspond exactly to these guidelines.

Which sleeping behaviour is normal?

Newborns are all different, and so are their sleeping habits. Unfortunately, there is no single answer, as every baby is different and each one develops its habits in its own way. Even though it may be difficult at times, don't get discouraged and, above all, try not to be overwhelmed. Everything comes in its own time, and it's normal for your baby not to sleep through the night at first.

Why does every baby need a new mattress?

Several studies have shown that it is unhealthy for babies to sleep on a mattress that has already been used, as it can cause allergies and skin problems. In addition, the risk of sudden infant death syndrome is also significantly higher in babies sleeping on "handed-down" mattresses. If the mattress comes from an older sibling, then this risk is substantially lower. Nevertheless, we recommend buying a new mattress for each baby.

Why is ventilation so important in a baby bed?

It is very important that the baby's room is at an optimal temperature, as overheating the cot is very dangerous. Despite numerous efforts, it has not yet been possible to fully clarify the causes of sudden infant death syndrome. However, there are some risk factors that can be taken into account to ensure a safe and suitable environment for your baby to rest.

One of these is to **prevent heat build-up.** It is essential that the baby does not sweat and can **breathe freely**, especially if the baby is lying face down: this also prevents suffocation. This can be accomplished by **combining a breathable mattress with a breathable sleeping bag**. Here is an example. Imagine for a moment that your mattress is too hard or simply very uncomfortable and that it is unbearably hot in your bedroom. Your baby may feel the same way and therefore have trouble falling asleep and resting.

Wearing clothes that are too warm is often the reason why babies sweat and are restless at night. A simple check is all it takes to verify whether the temperature in the cot is right: **touch the back of your baby's neck**. It should be warm, but not sweaty.

Träumeland care

Our tip

Träumeland CARE special products, which have been developed in collaboration with physiotherapists, guarantee optimum child positioning and promote motor skills. More information on page 29.



TIPS

FOR PEACEFUL NIGHTS

Falling asleep and sleeping through the night are often topics of endless discussion among parents. With a few simple tips and tricks, you can positively influence your baby's sleeping habits and ensure comfortable sleep and peaceful nights.



1. Calmness

Speak softly and reduce activities to prepare your baby for the night step by step. This gives your baby the opportunity to slowly and calmly adjust to sleep. A quiet environment helps your baby feel safe and secure.

2. Create an optimum environment

Give your baby a loving sign that it's bedtime. For example, by darkening the room with curtains, turning off the lights or dimming them with a night light.

3. Security

Babies are used to the cosiness of their mother's womb and therefore sometimes feel a little lost in their own cot. Create a pleasant atmosphere: build a little nest, so to speak, and give your baby a feeling of security (be careful to avoid heat build-up)!

4. Rituals

Fixed bedtime rituals make it easier to fall asleep, and are perceived as pleasant and relaxing even by very tiny babies. Ensure that your little one is tired, but not yet overtired.

Possible bedtime rituals that give your baby a sense of closeness and security:

- A calming bath
- Loving application of body cream
- Cuddling together
- Bedtime massages
- Winding up a musical toy
- Play monotonous sounds: they remind your baby of its safe place in the mother's womb
- Finger games
- Singing lullabies
- Read from a book, tell good night stories or simply review the day in your own words



5. Going to sleep

Falling asleep does not need to be learned, but it does require time and a lot of patience from parents. The age at which children can truly fall asleep on their own varies greatly from child to child, but it is important to find a routine and bedtime ritual that works well for both parents and children. Take your time, because babies and children can feel when we are not fully paying attention to them. Also, enjoy being close to your baby, because cuddle time gets less over the years and usually ends way too fast for parents to really enjoy it.

6. Difference between day and night

If your baby wakes up at night, make sure you speak quietly and keep the lights low, and try to calm it down in its cot. During the day, you can cuddle and snuggle as much as you want!

7. Regularity

A regular daily routine and regularity increase the chance of peaceful nights.

8. Be patient

Be patient with your baby and yourself. Every sleep pattern develops individually and takes time.



The most important thing: ventilation

Highly breathable materials, like the ones used by Träumeland, help **to significantly reduce** the risk of suffocation in baby beds and prevent sweating.

WHAT ENSURES

A SAFE SLEEPING ENVIRONMENT?

Breathable materials

Air permeability in both the mattress core and the mattress cover is essential in a baby bed. Do not use airtight mattress covers, as these prevent air circulation.

Own bed with high-quality mattress

Whether it's a classic cot, a side bed or a cradle, a solid construction and a stable design (smooth surface, rounded corners,...) are essential. In addition, choosing the right mattress plays a key role. It should be breathable to prevent heat build-up and ensure optimal development of the spine.

Optimum temperature conditions

Regular ventilation is very important to get the optimal temperature in the cot because it means fresh oxygen is supplied to the room. But be careful: babies should never be exposed to drafts. Make sure that the room temperature in the baby's room is around 18°C.

Materials free of antimony and harmful substances

All materials used in the nursery must be free of harmful substances without exception. At Träumeland we only use materials that have been tested for harmful substances and meet the highest safety standards.

Sleeping bag instead of blanket

Sleeping bags are the best alternative to blankets: they can prevent babies from kicking their way out or, in the worst case, slipping their head under the blanket and not getting enough air. The Träumeland baby sleeping bag prevents overheating thanks to two ventilation slits that can be easily opened and closed with the zip, which ensure optimum air circulation and the perfect termperature inside the bag.

Supine position

Your baby sleeping on its back is the safest position because it keeps its airways free.

Avoid cords, ribbons and dummy chains...

These pose a risk of strangulation.

Safe distance

Make sure that the baby cot is not placed directly next to heaters, electronic devices, a window, or in direct sunlight.

Avoid hats, fleeces, blankets...

They give off additional heat and increase the risk of overheating in the cot.

Optimal clothing

Babies prefer cooler temperatures to warm ones. Check regularly to make sure your baby is neither sweating nor freezing by just touching its neck: it should be warm, but not sweaty.

WHAT TO LOOK FOR
IN BABY MATTRESSES

MADE IN AUSTRIA

MATTRESS CORE

Integrated ventilation channels
Ventilation channels in the mattress core and a 3D air cushion layer make sure the CO_2 your baby breathes out is taken away and there's no unhealthy heat build-up. This helps your baby breathe better and sweat less.

Reinforced edges
Placed on the long side of the mattress, they provide secure support during your baby's first attempts to stand up in the bed.

Baby side and toddler side
Two different degrees of hardness to protect the spine. We recommend to turn the baby side over to the toddler side from a weight of 12 kilograms.

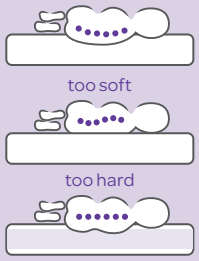
3D Comfort Pads
They react with high point-by-point elasticity, and relieve any sources of pressure due to their three-dimensional shape.

Air cushion layer
It is incomparably breathable and ensures optimum lying comfort. It also allows babies to breathe more freely and sweat less.

Ergonomic lying comfort
Babies' spines are not yet fully developed and they need a high-quality mattress, whose core optimally relieves pressure on the spine while supporting it to form a line as straight as possible. Mattresses that are too hard or too soft are unsuitable for the soft bone structure of babies. At Träumeland, we make sure that our mattresses meet these ergonomic requirements.



Prevention of plagiocephaly (flat head syndrome): Baby mattresses should be made of point-elastic materials so that they can adapt to the shape of the baby and offer the perfect degree of hardness for the soft structure of their bones.



MATTRESS COVER

Integrated wetness protection
High-quality mattress covers stop moisture in case of accidents and keep the mattress core clean, such as the Träumeland multifunctional cover Sleep Safety. What makes it special is that, unlike conventional wetness protection covers, it remains breathable.

Removable vs. divisible mattress cover
A mattress cover should always be removable and washable. What is more, a divisible mattress cover is particularly practical: if there is an accident, you can simply remove the soiled half, turn the clean side up, and your baby can continue sleeping peacefully. This gives you enough time to wash the dirty side.

Air permeable mattress covers
Your baby can breathe better if the mattress cover is breathable: even the best mattress cannot prevent heat build-up if the cover does not allow enough air to pass through. That is why the mattress must breathe.

Washable at 60°C

Suitable for allergy sufferers

More information and videos about the advantages of Träumeland mattresses

Multifunctional cover Sleep Safety
Breathable and water repellent at the same time: the cover stops moisture at the surface without the need for a waterproof mattress protector. At the same time, your baby can breathe freely even when its mouth is in direct contact with the mattress. In addition,TENCEL™ fibers prevent perspiration.



SMALL MATTRESS

From 0 to 6 months

For standard strollers, co-sleeper beds, and cradles
Special dimensions on request



Why is it important for babies to have their own mattress?
Prams often have integrated mattresses of low quality, and, in this case, a high quality mattress should also be used. Especially when buying second-hand prams, the existing mattress should be replaced immediately: the baby has to create its own microbiological environment, otherwise it can develop allergies.

The mattress Brise Light is suitable for the most common strollers:

- ABC Samba and Salsa 4: 34.5 x 76 cm (4 rounded corners)
- Bugaboo Donkey 5: 34 x 78 cm (4 rounded corners)
- Bugaboo Fox and Joolz Day 5: 33 x 77 cm (4 rounded corners)
- Basson Nordic Lux and Grande Soft: 37 x 96 cm (oval)
- Cybex Priam: 32 x 78 cm (oval)
- Easywalker Jimmey, Naturkind Lux Evo: 36 x 79 cm (4 rounded corners)
- Elsa and Emil: 34 x 78 cm (oval)
- Easywalker Harvey 5 and Demi Next NUNA: 32 x 77 cm (4 rounded corners)
- Hartan: 33 x 78 cm (oval)
- Joolz Day +: 34 x 78 cm (4 rounded corners)
- Joolz Geo 3 and Hub 3: 33 x 79 cm (4 rounded corners)
- Thule Urban Glide: 33 x 77 cm (4 rounded corners)
- Uppababy Vista V2 and Cruz V2: 32 x 75 cm (oval)



SLEEPY

Height: 5 cm
Cover: Top side: Functional cover Sleep Dry, Bottom side: Cotton
Core: Soft foam with vertical ventilation channels

Removable cover
Washable at 60°C
Integrated ventilation channels
Suitable for allergy sufferers



BRISE LIGHT

Height: 5 cm
Cover: Top side: Multifunctional cover Sleep Safety, quilted with 3D air cushion, bottom side: Polyester
Core: Cold foam with vertical ventilation channels

Integrated wetness protection and TENCEL™ (it absorbs humidity)
Washable at 60°C
Integrated ventilation channels
Removable cover
Suitable for allergy sufferers
3D air cushion layer



LITTLE ANGEL

Height: 6 cm
Cover: Multifunctional cover Sleep Safety
Core: High-quality visco-elastic foam with vertical ventilation channels

- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Removable cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels



AIR

Height: 6 cm
Cover: Multifunctional cover Sleep Safety
Core: Thermoregilating and flexible cellpur foam with a 3D air cushion layer for unique moisture management

- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Removable cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- 3D air cushion layer



BABY MATTRESSES

From 0 to 5 years

for beds in sizes 60 x 120 cm and 70 x 140 cm. Special sizes on request.

Why is a well-ventilated mattress so important?

The essential thing when buying a baby mattress is to choose a "breathing mattress", which you might have already read about or heard of before. But why is this like this, and what does it really depend on? The combination of air-permeable mattress covers and ventilation systems in the mattress core ensures that babies can breathe freely and don't sweat in their cot. Air channels and air-permeable materials allow air to circulate within the mattress, which allows the CO_2 exhaled by the baby to be evacuated and prevents dangerous overheating.

How hard may a baby mattress be?

Many parents are uncertain about the right degree of hardness for baby mattresses. However, the basic principle is: not too hard and not too soft. Since the spine of newborns is not yet fully developed, a **point-elastic mattress core** is of great importance, especially in the first months of life. It optimally relieves the spine of pressure and at the same time provides support so that it can develop healthily, which also **prevents the development of a flat head.** As one of the main components of the mattress, the material of the mattress core plays an important role.



RAINBOW

Height: 11 cm
Cover: Cotton
Core: Ventilated cold foam

- Removable cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels



MILKY WAY

Height: 10 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band
Core: Ventilated cold foam with reinforced edges

- Integrated wetness protection
- Divisible cover
- Side ventilation band
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- Reinforced edges



SUNSET

Height: 11 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band
Core: Cold foam core with nubbed structure

- Integrated wetness protection
- Divisible cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- Side ventilation band
- Baby side and toddler side
- Reinforced edges



WIND

Height: 11 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band and TENCEL™ x REFIBRA™, fibers with recycled content
Core: Combination of value-added flakes and special foam, mattress core and reinforced edges made of over 50% value-added raw materials

- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Side ventilation band
- Divisible cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- Baby side and toddler side
- Reinforced edges



NORTH STAR

Height: 11 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band
Core: Cold foam with unique "More-way" ventilation system for perfect air permeability

- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Side ventilation band
- Divisible cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- Baby side and toddler side
- Ventilated reinforced edges



BUTTERFLY

Height: 11 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band
Core: 3D comfort pads in a cute butterfly design

- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Side ventilation band
- Divisible cover
- Suitable for allergy sufferers
- Integrated ventilation channels
- Baby side and toddler side
- Ventilated reinforced edges
- 3D comfort pads
- Washable at 60°C



BREEZE

Height: 11 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band
Core: Well-ventilated cold foam thanks to extra breathable 3D air cushion layer combined with 3D comfort pads

- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Side ventilation band
- Divisible cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- Baby side and toddler side
- Ventilated reinforced edges
- 3D comfort pads
- 3D air cushion layer



SPRING AIR

Height: 11,5 cm
Cover: Multifunctional cover Sleep Safety with side ventilation band
Core: Cold foam with highly flexible 3D comfort pads for excellent point-by-point elasticity

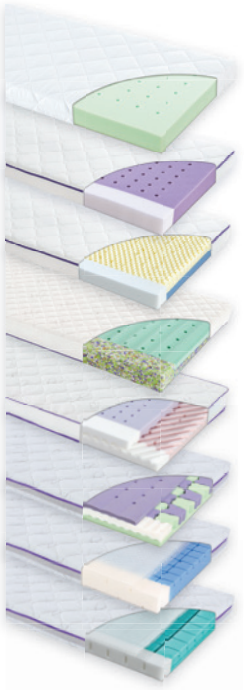
- Integrated wetness protection and TENCEL™ (it absorbs humidity)
- Side ventilation band
- Divisible cover
- Washable at 60°C
- Suitable for allergy sufferers
- Integrated ventilation channels
- Baby side and toddler side
- Ventilated reinforced edges
- 3D comfort pads
- 3D air cushion layer

OVERVIEW OF BABY MATTRESSES

What is the best mattress for a baby crib?

Choosing between so many different models is certainly not easy. That's why you'll find great explanatory videos on all mattress functions on our website to help you understand the differences from each other.





	Integrated wetness protection	Side ventilation band	Divisible cover	Washable at 60°C	Suitable for allergy sufferers	Integrated ventilation channels	Reinforced edges	3D comfort pads	Baby side and toddler side	3D air cushion layer
Rainbow BASIC	○	○	○	●	●	●	○	○	○	○
Milky Way COMFORT	●	●	●	●	●	●	●	○	○	○
Sunset COMFORT	●	●	●	●	●	●	●	○	●	○
Wind COMFORT	●	●	●	●	●	●	●	○	●	○
North Star PREMIUM	●	●	●	●	●	●	●	○	●	○
Butterfly PREMIUM	●	●	●	●	●	●	●	●	●	○
Breeze PREMIUM	●	●	●	●	●	●	●	●	●	●
Spring Air PREMIUM	●	●	●	●	●	●	●	●	●	●

CHILDREN'S AND YOUTH MATTRESSES

from 2 to 15 years (or up to 90 kg)
for children's and youth beds
Special dimensions on request



Discover other models here

Why should I buy a specific mattress for children and teenagers?

Because a child's spine is not fully developed, it needs a children's mattress that yields only where pressure is exerted. Children's bones grow much faster than their muscles, so an unsuitable sleeping surface can be detrimental to spinal development. This, in turn, can trigger posture problems, back pain and tension because children's weight and size differ considerably from those of an adult.
Our children's and youth mattresses are suitable for children from 2 years old and up to 15 years old, or up to a body weight of 90 kg or 120 kg.

Two degrees of hardness

We have developed our children's and youth mattresses with 2 different degrees of hardness (soft and medium-hard) to ensure optimum comfort for children and teenagers. We recommend to turn the mattress from the soft to the medium-hard side at a weight of approx. 35 kg.



UNIVERSE

Height: 14 cm
Cover: Viscose composite fabric
Core: Cold foam with wave contour cut

- Divisible cover
- Suitable for allergy sufferers
- Soft side and medium-hard side
- Washable at 60°C
- Integrated ventilation channels



FULL MOON

Height: 14 cm
Cover: Viscose composite fabric
Core: Cold foam with cube contour cut

- Divisible cover
- Suitable for allergy sufferers
- Soft side and medium-hard side
- Washable at 60°C
- Integrated ventilation channels



SLUMBERLAND

Height: 15 cm
Cover: TENCEL™ composite fabric with side ventilation band
Core: Cold foam with highly flexible 3D comfort pads for excellent point-by-point elasticity

- Side ventilation band
- Suitable for allergy sufferers
- Soft side and medium-hard side
- Divisible cover
- Integrated ventilation channels
- 3D comfort pads
- Washable at 60°C



FOREST AIR

Height: 15 cm
Cover: TENCEL™ composite fabric with side ventilation band
Core: Thermoregulating and highly flexible cellpur foam with unique moisture management and wave contour on both lying surfaces

- Side ventilation band
- Suitable for allergy sufferers
- Soft side and medium-hard side
- Divisible cover
- Integrated ventilation channels
- Washable at 60°C



OCTASMART XL

Height: 15 cm
Cover: TENCEL™ composite fabric with side ventilation band
Core: Ventilated 3D comfort pads made of cold foam with patented Octaspring technology and seating edges

- Side ventilation band
- Suitable for allergy sufferers
- Soft side and medium-hard side
- Divisible cover
- Integrated ventilation channels
- 3D comfort pads
- Washable at 60°C



SEA BREEZE

Height: 15 cm
Cover: TENCEL™ composite fabric with side ventilation band
Core: High-quality antibacterial emc®sensitive foam with 7-zone cut for ergonomic lying comfort

- Side ventilation band
- Suitable for allergy sufferers
- Soft side and medium-hard side
- Divisible cover
- Integrated ventilation channels
- 3D comfort pads
- Washable at 60°C
- 7-zone cut

WHAT TO LOOK FOR

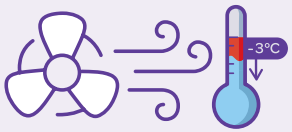
IN A BABY SLEEPING BAG

Why should babies sleep in a sleeping bag?

Sleeping bags are the best alternative to blankets: they significantly reduce the risk of the baby becoming warm or overcovered.
Tip: Never use a baby blanket and baby sleeping bag together, as this is too warm and can lead to dangerous overheating.

Material

High-quality materials such as cotton or TENCEL™ are particularly pleasant on babies' skin. **Materials free of antimony and pollutants** are always a must for baby beds, which are tested by independent institutes.
Tip: The natural fiber TENCEL™ absorbs significantly more moisture than cotton, ensuring an even drier sleeping environment.



Adjustable ventilation

Ventilations slits in the sleeping bag allow the temperature to be easily regulated as necessary.

TOG value

The TOG value indicates how warm a sleeping bag is: the higher the TOG value, the warmer the sleeping bag is. All-year sleeping bags usually have a TOG value of 2.5 and summer sleeping bags of 0.5.

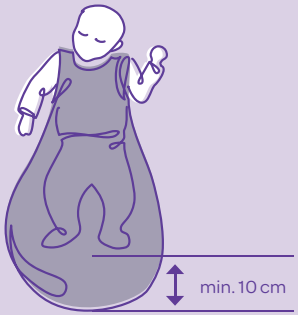
What clothes should babies wear under the sleeping bag?

It is not possible to make general statements here, as sleeping bags vary in warmth. It is very important not to be tricked by the thickness of the sleeping bag material.

	0.5 TOG	1.5 TOG	2.5 TOG	0.3 + 2.5 TOG
> 24 °C	+	-	-	-
22 – 24 °C	+	+	-	-
20 – 22 °C	+	+	+	-
18 – 20 °C	+ /	+ /	+	+
16 – 18 °C	-	-	+ &	+
< 16 °C	-	-	-	+ &

The right size

A baby sleeping bag should fit snugly for safe sleep, but still offer enough room for your baby to move freely and sleep in comfort. **Formula: Baby's height from shoulders to toes + 10 cm = the ideal baby sleeping bag size**. Never choose a sleeping bag that is too large, as if the fit is too loose, the neckline may slip over the baby's face, increasing the risk of suffocating. Always choose the right size to support safe baby sleep and proper fitting.



Here you'll find more tips about Träumeland sleeping bags



WE OFFER A WIDE RANGE OF SLEEPING BAG MODELS

- Many designs
- Different materials (muslin, cotton,TENCEL™)
- TOG values from 0.5 to 2.5
- Sizes from 44 to 110

Discover all Träumeland sleeping bag models!



recommended by EXPERTS



All-year sleeping bag LIEBMICH

With single or double ventilation

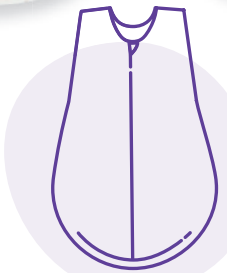
- Adjustable size
- Adjustable ventilation
- All-round zip for easy changing, dressing and undressing

Summer sleeping bag

With simple ventilation







Signature Sleeping Bag

New design collection with cozy fabric and cloud stitch. Particularly suitable for in-between seasons.





Swaddle sleeping bag

Swaddling reminds the baby of the familiar closeness and security of the womb in the weeks after birth. Our swaddle sleeping bag can be flexibly converted from a swaddle sleeping bag to a sleeping bag thanks to practical press studs.

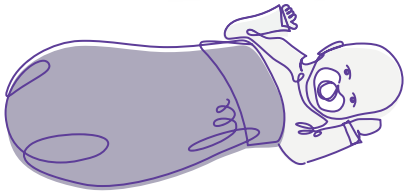


Romper bag

- Adjustable ventilation
- Leg muscles are strengthened
- Can be used during the day and at night









Sleep overall TO GO

- Ideal for active babies, children, and toddlers
- More freedom of movement when crawling, standing up or walking
- Prevents tripping when getting up and uncovering during the night





TRÄUMELAND

YOUR SPECIALIST FOR BABY EQUIPMENT



Discover the entire product range at **traeumeland.com**

SLEEPING BAGS
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MATTRESSES
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DUVETS AND PILLOWS



SNAKE BED BUMPERS, NURSING PILLOWS AND SIDE STORAGE PILLOWS



CHANGING MATS AND CHANGING WEDGES



CUDDLY CUSHIONS AND BABY BLANKETS

BABY NEST HOME



PROTECTIVE MATTRESS COVERS AND WETNESS PROTECTION COVERS



BEDDING AND FITTED SHEETS



Discover all Träumeland Care products here!

Carefor Development pillow
for the prevention and treatment of plagiocephaly and other head deformities, available in various sizes.



HEALTHY DEVELOPMENT
Should the pillow be used as a preventive measure, the inner contents should not be removed.



FLAT HEAD (brachycephaly)
The contents should not be removed, as the head adapts to the hollow of the pillow.



CROOKED HEAD (Plagiocephaly)
Remove some of the pillow contents from the area where the head protudes.

Träumeland care

FOR OPTIMUM SUPPORT FOR BABIES AND TO PROMOTE HEALTHY MOTOR DEVELOPMENT

„Placing an infant on one side can have a negative impact on the shape of their head, posture, motor skills and perception. To prevent such asymmetries, I have developed the Care product line in collaboration with Träumeland. Of course, all of these products are also well ventilated."



Maria Heinzl
pedriatic physiotherapist



Side positioning set
for optimal and safe stabilization in the supine or lateral position



Wedge cushion
for optimal elevation, especially when suffering from a cold and for babies who regurgitate



Side storage cushion
for keeping the baby stable in a side position



Cuddly nest
for better body awareness and to promote motor development



Baby pillow Cloud
for healthy and natural development of the head shape

CONTACT

IS LIKE FOOD FOR THE SOUL

Baby massages offer very special moments and satisfy the need for skin contact: they strengthen the relationship between parents and children in a wonderful way, and babies are calmer and sleep better because they are emotionally balanced.



In preparation:

- Your baby senses your mood: only massage when you really want to do it. Use natural, high-quality oil, such as organic almond oil or coconut oil.
- Make sure that the room temperature is normal and that your hands are warm, and remove any piece of jewellery.
- Only the mother or father should be in the room with the baby
- Only massage your baby when it is relaxed, and do not combine the massage with bathing.
- You can start with baby massages from birth (the duration should be adapted to your baby's age).

1. A quiet minute

Lay your child naked on your legs, on a bath towel or on a blanketand consciously give it your full attention.

2. Warm hands

Rub your hands vigorously together until they are warm, then apply oil to them.

3. Butterfly

Gently stroke 3 or 4 times using the edges of your hands from the centre of the chest over the arms to the hands.





4. Draw a heart

Slide your hands ten to twenty times in a heart shape from the centre of the chest to the side and down to the legs, where the movement flows out.

5. Legs and arms

Hold the leg at a 90° angle to the child's body (important for hip development). Then stroke alternately with your right and left hand from the groin area towards the feet.
As with the legs, stroke quickly with your right and left hand from the shoulders to the baby's hands. It is very important to use enough oil.





6. Back

Stroke alternately with both hands from the shoulder to the bottom, ensuring skin contact at all times. This gentle, lengthwise movement can also be extended over the legs to the feet.

7. Last step

At the end of the massage, turn your baby over and repeat the exercise "2. Warm hands", gently letting the warmth flow into the tummy with both hands. After the massage, the baby can be wrapped in a blanket and fed. Feel free to cuddle it as much as you like.



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