

Sleep, naturally

with ergoPouch

AW24

NEW 2.0 TOG
PYJAMAS

—

NEW 3.5 TOG COCOON
SWADDLE BAG

—

NEW WHAT TO
WEAR GUIDE





04
New Teddy Bear Collection



24
Long Sleeve Layers



31
Cocoon Sleep Set



37
Everything you need for preschooler



45
Doll Sleeping Bag

10
Heritage Collection

25
Bodywear

31
Arm Warmers

38
Sheeting Sleeping Bag

46
Organic Toddler Pillow

16
What's new this season

26
Jersey Sleeping Bag

32
Baby Tuck Sheet

40
Sleep Suit Bag

47
Convertible Cotton Quilt

18
Milestone chart

30
Drift Away White Noise Machine

32
Organic Cotton Sheet

42
Sleep Onesie

48
Eco-credentials

20
Everything you need for newborn

30
Butterfly Cardi

33
Gift packs

43
Long Sleeve Pyjamas

50
Eco-friendly fabrication

21
Everything you need for infant

30
Easy Sleep Portable Bassinet

34
NEW What to wear guide

44
Matchy Matchy Robe

51
Awards

22
Cocoon Swaddle Bag

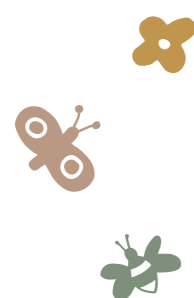
31
Window Blockout

36
Everything you need for toddler

45
Hello Sleep! Bedtime Affirmations

53
Safe sleep checklist

Contents





Picnic



Party



POUCH TALES AW24

Teddy Bear Collection

If you go down to the woods today, you're sure of a big surprise...Meet the Teddy Bears this Autumn Winter in our NEW Limited Edition Pouch Tales Collection. The bears are ready to picnic, party and play!

There's lots of marvellous things to eat — can your little bear spot all their favourite treats on our retro-inspired, chocolate and lilac *Picnic* print?

Beneath the trees where nobody sees, there are wonderful games to play. Send your mini off to dreamland in our *Party* print, featuring fun pops of colour on a neutral base.

At six o'clock their mummies and daddies will take them back home to bed, dressed in their cosy, safe and TOG-rated sleepwear for the cooler winter nights. Sweet dreams, tired little teddy bears.





THIS PAGE, CLOCKWISE FROM TOP:
 1.0 TOG Long Sleeve Layer in Picnic, 2.5 TOG Cocoon Swaddle Bag in Party with 1.0 TOG Long Sleeve Layer in Cocoa, 1.0 TOG Cocoon Swaddle Bag in Picnic, 1.0 TOG Long Sleeve Layer in Party;
 2.5 TOG Sleeved Jersey Bag in Picnic with 1.0 TOG Long Sleeve Layer in Latte;
 Teddy Bear Collection.

OPPOSITE PAGE CLOCKWISE FROM TOP:
 2.5 TOG Jersey Bag, 1.0 TOG Long Sleeve Layer and 3.5 TOG Jersey Bag in Party;
 2.5 TOG Cocoon Swaddle Bag and 1.0 TOG Long Sleeve Layer in Party;
 1.0 TOG Long Sleeve Layer in Picnic.

THIS PAGE, CLOCKWISE FROM TOP:
 Doll Sleeping Bags in Party;
 2.5 TOG Sheeting Sleeping Bag in Party with 1.0 TOG Long
 Sleeve Pyjamas in Rose;
 1.0 TOG Long Sleeve Pyjamas in Moss, Party, Cocoa, Rose and
 Picnic;
 3.5 TOG Sheeting Sleeping Bag in Picnic.

OPPOSITE PAGE CLOCKWISE FROM TOP:
 2.5 TOG Sleep Suit Bag in Picnic, 2.5 TOG Sleep Onesie in
 Party, 1.0 TOG Long Sleeve Pyjamas in Picnic;
 2.5 TOG Sleep Onesie in Party;
 1.0 TOG Long Sleeve Pyjamas in Rose and Party.





Willow



Oatmeal Marle



Dragonflies



Daisies

Heritage Collection

FOR AUTUMN WINTER

Following on from our new Heritage launch in SS23/24, we welcome our Autumn Winter range of products in Willow, Oatmeal Marle, Dragonflies and Daisies.

This Winter we expand our range of Basics, with 1.0 TOG Pyjamas in crowd favourites Moss, Rose and Cocoa.

We are also excited to introduce for the first time a 3.5 TOG Cocoon Swaddle Bag, 3.5 TOG Hip Harness Jersey Bag and 2.0 TOG Pyjamas for those extra cold winter nights.





OPPOSITE PAGE CLOCKWISE FROM TOP:
 Selection of AW products in Oatmeal Marle;
 NEW 3.5 TOG Cocoon Swaddle Bag in Willow;
 2.5 TOG Jersey Sleeping Bag in Daisies with Arm Warmers in Oatmeal Marle;
 Long Sleeve Layers in Heritage and Basics prints.

THIS PAGE, CLOCKWISE FROM TOP:
 1.0 TOG Long Sleeve Layer in Dragonflies; 2.5 TOG Cocoon Swaddle Bag in Daisies; 1.0 TOG Cocoon Swaddle Bag in Oatmeal Marle, 0.2 TOG Long Sleeve Layer in Willow;
 1.0 TOG Long Sleeve Layer in Oatmeal Marle, 3.5 TOG Jersey Sleeping Bag in Dragonflies; 2.5 TOG Sleep Onesie in Daisies;
 NEW 3.5 TOG Hip Harness Jersey Sleeping Bag in Oatmeal Marle.



OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT:
 2.5 TOG Sleep Onesies in Willow, Daisies, Dragonflies and Oatmeal Marle;
 Selection of Toddler Autumn Winter products;
 1.0 TOG Jersey Bag in Willow, 1.0 TOG Sleeved Jersey Bag in Daisies; 3.5
 TOG Jersey Bag in Dragonflies, 2.5 TOG Jersey Bag in Oatmeal Marle

THIS PAGE, CLOCKWISE FROM TOP:
 NEW 1.0 TOG Long Sleeve Pyjamas in Cocoa, Rose and Moss;
 3.5 TOG Sheeting Sleeping Bag in Willow;
 NEW 2.0 TOG Long Sleeve Pyjamas in Daisies and Dragonflies

What's new in Heritage for Autumn Winter?



Cocoon Swaddle Bag in 3.5 TOG

Due to popular demand, we are excited to announce our new 3.5 TOG Cocoon Swaddle Bag in four gorgeous Heritage prints. As with our 2.5 TOG Cocoon, its 3.5 TOG sibling is filled with 100% organic cotton and safe for sleep from birth.

To prevent your baby from overheating, we recommend you follow our What To Wear Guide, using your free thermometer to read your room temperature and the Guide to dress them appropriately with your Cocoon, Layers, Bodywear and Tuck Sheet.



3.5 TOG



3.5 TOG

Hip Harness Cocoon Swaddle Bag AND Jersey Bag in 3.5 TOG

Keep your infant cosy and warm in our plush 3.5 TOG Cocoon Swaddle Bag or Jersey Bag with sleeves, designed to accommodate a hip harness or brace for Developmental Dysplasia of the Hip (DDH).

Did you know, our Hip Harness Bags are also perfect for infants with club foot who are required to wear a brace.



2.0 TOG

Extra warm 2.0 TOG Long Sleeve Pyjamas

Once your little ones have transitioned out of their sleeping bags or sleep suits, it is natural to worry if they are warm enough overnight.

The newest addition to our Pyjama family is a super thick 2.0 TOG pyjama that will keep your toddlers and preschoolers cosy and snug, even if their blanket slips off.



2.5 TOG Sleeved Jersey Sleeping Bags

NEW for Autumn Winter 2024, you can now choose between a sleeved or sleeveless option on our 2.5 TOG Jersey Bags, depending on whether your child runs warmer or cooler.



2.5 TOG


Plus!
New What to Wear Guide























































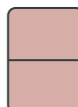



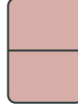


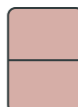


See pg 32

Sleepwear and bedding 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.

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

Age	Pouches				Layers		Bedding			Accessories	
	Cocoon Swaddle Bag Helps newborn feel snug, secure and controls startle reflex	Sleeping Bag Ideal transition from swaddle to baby's first sleeping bag	Sleep Suit Bag Converts from a sleeping bag to a sleep suit using leg zippers	Sleep Onesies Great for active kids who kick off their blankets	Pyjamas/Layers The only TOG-rated pyjamas on the market	Bodywear Slim-fit, organic ribbed cotton basics, made in Australia.	Baby Tuck Sheet Helps settle baby by providing warmth, comfort and security	Organic Fitted Sheet Non-toxic, certified organic, stretchy jersey cotton	Organic Toddler Pillow Toddler's first pillow — use as a training pillow in the cot	Convertible Cotton Quilt Toddler's first quilt in the cot to big bed transition	Portable Bassinet Butterfly Cardi Drift Away White Noise Arm Warmers Window Blockout Doll Sleeping Bag
00000											
0000											
0-3M											
3-6M											
6-12M											
12-24M											
2-4Y											
4-6Y											
6-8Y											
8-12Y											

Newborn (0-3m)



From womb to world, ergoPouch has everything you need for uncomplicated newborn sleeping. 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 nappy changes, and the sleepwear for your newborn needs to work as hard as new parents!



Cocoon Swaddle Bag	pg 22	Cocoon Sleep Set	pg 31
Long Sleeve Layers	pg 24	Baby Tuck Sheet	pg 32
Bodywear	pg 25	Organic Fitted Sheet	pg 32
Butterfly Cardigan	pg 30	Gift packs	pg 33
White Noise Machine	pg 30	What to Wear Guide	pg 34
Portable Bassinet	pg 30	Matchy Matchy Robe	pg 44
Window Blockout	pg 31		

Infant (3-12m)



Congratulations, you've survived the newborn weeks! 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 sleeping bag in a cot to provide use of their arms in lifting and shifting their head to the side for unobstructed breathing whilst 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.



Jersey Sleeping Bag	Pg 26	Matchy Matchy Robe	Pg 44
Long Sleeve Layers	pg 24	What to Wear Guide	pg 34
Bodywear	pg 25		
Arm Warmers	Pg 31		
White Noise Machine	pg 30		
Window Blockout	Pg 31		
Organic Fitted Sheet	pg 32		

Cocoon Swaddle Bag

1.0 TOG

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

Price

\$49.95

Sizes

00000 — Sage only
 0000 — Heritage Prints only
 0-3M
 3-6M
 6-12M



2.5/3.5 TOG

Filled with 100% Organic cotton for a warm, safe and comfortable sleep, our 2.5 TOG and NEW 3.5 TOG Cocoon Swaddle Bags keep your baby securely swaddled in an easy zip-up Pouch.

Price

2.5 TOG: \$64.95

3.5 TOG: \$74.95

Heritage Prints Only

Sizes

0000 — Heritage Prints Only
 0-3M
 3-6M
 6-12M



NEW

Hip Harness 1.0 TOG

For infants who wear a hip harness or brace to treat Developmental Dysplasia of the Hip (DDH)

Price

\$64.95

Sizes

3-6M
 6-12M



Hip Harness 2.5/3.5 TOG

NEW this season, our warmer 3.5 TOG joins its 2.5 TOG sibling to keep your baby extra warm this winter in their hip harness.

Price

2.5 TOG: \$79.95

3.5 TOG: \$89.95

Sizes

3-6M
 6-12M



NEW

Layers



0.2 TOG Long Sleeve Layers

Designed to be worn underneath any of our pouches, our Long Sleeve Layers are slim fit to prevent bunching, and feature a unique three-way zip for easy dressing.

Price

\$32.95

Sizes

00000 — Sage only
0000 — Heritage Prints only
0-3M
3-6M
6-12M
1Y



1.0 TOG Long Sleeve Layers

Gorgeously thick, our 1.0 TOG Layers are the only TOG-rated offering on the market that work with our Pouches for the perfect winter pairing.

Price

\$39.95

Sizes

00000 — Sage only
0000 — Heritage & Basics Prints
0-3M
3-6M
6-12M
1Y



Bodywear

Singlets

Made in Australia from organic ribbed cotton, this slim-fit singlet is a comfortable and light layer to wear under any of our Pouches, Layers or Pyjamas.

Price

\$19.95

Sizes

00000 — Sage only
0000
0-3M
3-6M
6-12M
1Y
2Y
3Y
4Y
5Y



Short Sleeve Bodysuit

Made in Australia from organic ribbed cotton, this slim-fit short sleeve bodysuit features envelope shoulders for easy nappy changes and three press studs to keep it in place.

Price

\$22.95

Sizes

0000
0-3M
3-6M
6-12M
1Y
2Y



Long Sleeve Bodysuit

Made in Australia from organic ribbed cotton, this slim-fit long sleeve bodysuit features envelope shoulders for easy nappy changes and three press studs to keep it in place.

Price

\$27.95

Sizes

0000
0-3M
3-6M
6-12M
1Y
2Y



Jersey Sleeping Bag

1.0 TOG

The ideal first sleeping bag following the swaddling phase, its slim fit design and stretch jersey cotton mimics that of a swaddle.

Price

\$49.95

Sizes

3-12M
8-24M

Willow
Heritage Collection



Dragonflies
Heritage Collection



Oatmeal Marle
Heritage Collection



Daisies
Heritage Collection



Sleeved 1.0 TOG

Our 1.0 TOG Jersey Bag now has the option of sleeves for year-round wear.

Price

\$54.95

Sizes

3-12M,
8-24M

Willow
Heritage Collection



Dragonflies
Heritage Collection



Oatmeal Marle
Heritage Collection



Daisies
Heritage Collection



2.5 TOG

Filled with 100% Organic cotton for a warm, safe and comfortable sleep, our 2.5 TOG Jersey Sleeping Bag is the ideal first sleeping bag following the swaddling phase. Pair with our Arm Warmers if you prefer a sleeved option for winter.

Price

\$69.95

Sizes

3-12M, 8-24M

Willow
Heritage Collection



Dragonflies
Heritage Collection



Oatmeal Marle
Heritage Collection



Daisies
Heritage Collection



Party
Teddy Bear Collection



Picnic
Teddy Bear Collection



Sleeved 2.5 TOG

NEW for Autumn Winter 2024, you can now choose between a sleeved or sleeveless option on our 2.5 TOG Jersey Bags, depending on whether your child runs warmer or cooler.

Price

\$74.95

Sizes

3-12M, 8-24M

Willow
Heritage Collection



Dragonflies
Heritage Collection



Oatmeal Marle
Heritage Collection



Daisies
Heritage Collection



NEW

Jersey Sleeping Bag

3.5 TOG

Filled with 100% Organic Cotton, our 3.5 TOG Jersey Sleeping Bag has arms with folder cuffs for extra warmth on cool nights. Made of the same stretchy Jersey material you know and love, babies snuggle right in during the cool winter months.

Price

\$79.95

Sizes

3-12M
8-24M



Jersey Sleeping Bag

Hip Harness 1.0 TOG

For infants and toddlers who wear a hip harness or brace to treat Developmental Dysplasia of the Hip (DDH)

Price

\$64.95

Sizes

3-12M
8-24M

Oatmeal Marle
Heritage Collection



Hip Harness 2.5 TOG

Filled with 100% Organic Cotton, the 2.5 TOG Hip Harness Jersey Bag is ideal for infants and toddlers who wear a hip harness or brace to treat Developmental Dysplasia of the Hip (DDH)

Price

\$84.95

Sizes

3-12M
8-24M

Oatmeal Marle
Heritage Collection



Hip Harness 3.5 TOG

NEW this season, our warmer 3.5 TOG includes sleeves with fold-over cuffs to keep your baby comfortable safe and warm when the mercury dips.

The shape of this Pouch has been updated to reduce excess fabric while still fitting DDH braces comfortably.

Price

\$94.95

Sizes

3-12M
8-24M

Oatmeal Marle
Heritage Collection



NEW

Newborn Sleep Tools

Butterfly Cardi

The Butterfly Cardi 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.

It can also be used for babies who prefer to sleep arms-up, rather than swaddled.

Price

\$24.95

Sizes

0-3M
2-6M



Drift Away White Noise Machine

The Drift Away Portable White Noise machine features seven white noise sounds, designed to promote deep, restorative sleep for babies and adults by masking disruptive noises in the sleep environment. Incorporate the Drift Away sound machine into your sleep routine by playing one of the sounds at bedtime to help you and/or your baby be soothed and calmed to sleep, and build healthy sleep cues and habits.

With its lightweight design and rechargeable battery, the portable white noise machine is easy to take for naps on the go. The built-in soft LED light has three settings, and can help with overnight nappy changes, feeding and finding baby's lost dummy.

Price

\$64.95



3 new awards!

Easy Sleep Portable Bassinet

When life gets busy, sticking to the perfect sleep routine isn't always possible. For families who need flexibility and simplicity in their daily routines but don't want to compromise on safe sleep for their baby, the Easy Sleep Portable Bassinet is the perfect solution.

The bassinet features a lightweight but sturdy steel frame, which folds away into a super compact backpack for easy transport and storage. Its mesh sides run the entire way around the bassinet, while the mattress is permeated with airflow holes, creating a 360° safe and breathable environment in which to sleep your baby.

Price

\$159.95



Window Blockout

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.

Price

2 pack: \$44.95

3 pack: \$59.95

Sizes

Roll size: 46cm x 183cm



Cocoon Sleep Set

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.

Price

\$69.95

Sizes

0-3m

3-6m

Grey Marle & Sage
Heritage Collection



Natural & Grey Marle
Heritage Collection



Arm Warmers

A bolero style jacket with 1.0 TOG rated arms, our Arm Warmers are designed to be worn over the top of any sleeveless sleeping bag for additional warmth.

Price

\$32.95

Sizes

3-12M

12-36M

Oatmeal Marle
Heritage Collection



Sheets

Baby Tuck Sheet

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.

Price

Bassinet: \$44.95
Cot: \$64.95

Sizes

Bassinet
Cot



Organic Fitted Sheet

Our Organic Fitted Sheet is a soft, safe and gentle sheet for your baby to sleep on. We've got your mini covered for breathable, natural sleeping.

Price

Bassinet: \$34.95
Cot: \$54.95
Single: \$74.95

Sizes

Bassinet
Cot
Single — discontinued and will not be replenished.



Gift Packs

Mama & Mini Newborn Gift Pack

This delicious gift pack comprises a 1.0 TOG Cocoon Swaddle Bag (Size 0000) and the Matchy Matchy Robe (One Size) in Sage so that mama can match her newest mini. Exclusive to the Mama and Mini pack is an organic cotton eye mask to help block out the light and catch some elusive Z's when she can.

Our luxuriously soft bamboo viscose robe features adjustable ties and big pockets, making it ideal for lounging at home, wearing for overnight feeds, or packing into her hospital bag. Our Cocoon Swaddle Bag is a crowd pleasing favourite and will help baby sleep comfortably and safely.

Price

\$109.95



Newborn Gift Pack

Just for baby, this pack includes two of our all-time best selling products for newborns — a 1.0 TOG Cocoon Swaddle Bag and 0.2 TOG Long Sleeve Layer, both in size 0000.

Ideal for those first sleepy weeks, this pairing keeps baby in soft, safe, organic comfort through day and night.

Price

\$61.95



Baby Essentials Gift Pack

Designed to meet the needs of an infant, the Baby Essentials Pack features a super soft 0.2 TOG Long Sleeve Layer and a Bodywear Singlet, both in size 0-3M (000).

During the early sleepy weeks a of feed / settle / sleep routine, our premium and breathable natural fibres will have little one snoozing and snuggling safely and comfortably.

Price

\$39.95



Our What To Wear Guide has had a makeover!



Take the guesswork out of dressing your little one for sleep with our handy guide



ergoPouch AUSTRALIA Room Thermometer and What To Wear Guide

Step 1: Determine your room temperature

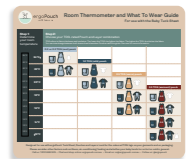
Step 2: Choose your TOG-rated Pouch and Layer combination
 TOG refers to fabric thickness and insulation. The lower the TOG, the lighter the fabric. The higher the TOG, the thicker the fabric. You can interchange between both sleeved and sleeveless Pouches with this guide. See over for more information.

Room Temperature	0.2 or 0.3 TOG (cool) pouch	1.0 TOG (mild) pouch	2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
26°C	0.2			
25°C	0.2	1.0		
24°C	0.2, 0.2	1.0		
23°C	0.2	1.0		
22°C	0.2, 1.0	1.0, 0.2		
21°C			2.5 TOG (warm) pouch	
20°C		1.0, 1.0, 0.2	2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
19°C				3.5 TOG (warmest) pouch
18°C			2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
17°C				3.5 TOG (warmest) pouch
16°C			2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
15°C				3.5 TOG (warmest) pouch
14°C				3.5 TOG (warmest) pouch
≤14°C				3.5 TOG (warmest) pouch

Designed for use with ergoPouch Pouches and Layers. Look for the coloured TOG tags on your garments and on packaging. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general.
 Call us: 1300 668 929 • Chat and shop online: ergopouch.com.au • Email us: cs@ergopouch.com.au • Follow us: @ergopouch

Room Temperature	0.2 or 0.3 TOG (cool) pouch	1.0 TOG (mild) pouch	2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
26°C	0.2			
24°C	0.2, 0.2	1.0		
22°C	0.2, 1.0	1.0, 0.2		
20°C		1.0, 1.0, 0.2	2.5 TOG (warm) pouch	
18°C			2.5 TOG (warm) pouch, 1.0	3.5 TOG (warmest) pouch
16°C			2.5 TOG (warm) pouch, 1.0, 0.2	3.5 TOG (warmest) pouch, 0.2
≤14°C				3.5 TOG (warmest) pouch, 1.0, 0.2

Make sure to adjust your baby's Pouch and Layers accordingly, when using the Baby Tuck Sheet



What's changed and why?

Both our Pouch and Tuck Sheet Thermometers and What To Wear Guides have had a makeover to make them even easier to use and understand.

The temperature strip now runs vertically up the left in 1 degree increments and the columns now have a coloured strip above them to indicate which TOG pouch is recommended for those temperatures. We have also adjusted the temperature ranges suggested for each TOG to align these suggestions better with feedback from our valued community.

On the reverse, there is an FAQs and troubleshooting section to help answer any questions you might have.

Of course, if you have worked out what works well for your child, please continue to follow your instincts — our What To Wear Guide is intended as a guide only to take the guesswork out of bedtime.

- 0.2 TOG** COOL LAYER / POUCH 22°C+ / 72°F+
- 0.3 TOG** COOL LAYER / POUCH 22°C+ / 72°F+
- 1.0 TOG** MILD LAYER / POUCH 21–24°C / 70–75°F
- 2.5 TOG** WARM LAYER / POUCH 17–21°C / 63–70°F
- 3.5 TOG** WARMEST LAYER / POUCH 14–19°C / 57–66°F

Autumn | Winter | Spring | Summer

Room Temperature	0.2 or 0.3 TOG (cool) pouch	1.0 TOG (mild) pouch	2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
24°C	0.2, 0.2, 0.2			
22°C	1.0, 0.2, 0.2	0.2, 1.0, 0.2		
20°C		0.2, 1.0, 1.0	0.2, 2.5 TOG (warm) pouch	
18°C			1.0, 2.5 TOG (warm) pouch, 0.2	0.2, 3.5 TOG (warmest) pouch
16°C			1.0, 2.5 TOG (warm) pouch, 1.0	1.0, 3.5 TOG (warmest) pouch, 0.2
14°C				1.0, 3.5 TOG (warmest) pouch, 1.0
≤12°C				1.0, 3.5 TOG (warmest) pouch, 1.0, 0.2

Designed for use with ergoPouch Tuck Sheet, Pouches and Layers. Look for the coloured TOG tags on your garments and on packaging. You can interchange between both sleeved and sleeveless Pouches with this guide. See over for more information. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general.

Toddler (1-3y)



When your sweet babe reaches toddler-hood, this exciting milestone can often be accompanied by many sleep disruptions. A walking toddler wants to explore their world and their boundaries. They may no longer want to be confined to a sleeping bag, but will soon start blanket and pillow training (from 2 years).

Cognitive leaps alongside motor leaps can also contribute to refusal to settle or sleep, and you may also be attempting toilet training. At this stage, sleepwear can also help your toddler to understand positive associations with sleep and create healthy bed time habits.



Sheeting Sleeping Bag	pg 38	Affirmation cards	pg 45
Sleep Suit Bag	pg 40	Toddler Pillow	pg 46
Sleep Onesie	pg 42	Convertible Cotton Quilt	pg 47
Long Sleeve Layers	pg 24	What to Wear Guide	pg 34
Long Sleeve Pyjamas	pg 43		
Doll Sleeping Bag	pg 45		

Preschooler (3-6y)



The time has come to graduate your sleeping beauty from the confines of their cot 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 toilet training around the same time, which brings its own set of challenges (and washing — lots of washing).

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



Sleep Suit Bag	pg 40
Sleep Onesie	pg 42
Long Sleeve Pyjamas	pg 43
Doll Sleeping Bag	pg 45
Affirmation cards	pg 45
Convertible Cotton Quilt	pg 47

Sheeting Sleeping Bag

1.0 TOG

A looser fitting sleeping bag, the Sheeting Sleeping Bag has a 400 thread count organic cotton outer and stretch inserts on the sides and shoulders.

Price

\$74.95

Sizes

8-24M
2-4Y
4-6Y

Willow
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



3.5 TOG

With sleeves and foldover cuffs, the 3.5 TOG Sheeting Bag is extra warm for those cold winter nights.

Price

\$94.95

Sizes

8-24M
2-4Y
4-6Y — Heritage Prints only

Willow
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



2.5 TOG

Filled with 100% Organic Cotton, the 2.5 TOG Sheeting Sleeping Bag is a fantastic winter option for toddlers who prefer a bit more room in their Pouch.

Price

\$89.95

Sizes

8-24M
2-4Y
4-6Y — Heritage Prints only

Willow
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



Party
Teddy Bear Collection



Picnic
Teddy Bear Collection



Party
Teddy Bear Collection



Picnic
Teddy Bear Collection



Sleep Suit Bag

1.0 TOG

A safe way to keep little one warm without the need for extra blankets, the Sleep Suit Bag converts from a sleeping bag to a suit with legs using zippers.

With capped sleeves, and a luxurious 400 thread count outer, our 1.0 TOG Sleep Suit Bag gives freedom in the cot for active infants and toddlers.

Price

\$79.95

Sizes

3-12M
8-24M
2-4Y
4-6Y — Heritage Prints only

Willow
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



Kids Sleep Suit Bag 1.0 TOG

Designed in stretch jersey cotton for older kids who still prefer a sleeping bag or sleep suit.

Price

\$94.95

Sizes

6-8Y

Oatmeal Marle
Heritage Collection



2.5/3.5 TOG

The award-winning Sleep Suit Bag in 2.5 TOG and 3.5 TOG for warmth on cool nights and freedom in the cot. Filled with 100% organic cotton for a safe, healthy, warm sleep.

Price

2.5 TOG: \$94.95
3.5 TOG: \$99.95

Sizes

3-12M
8-24M
2-4Y
4-6Y — Heritage Prints only

Willow
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



Party
Teddy Bear Collection



Picnic
Teddy Bear Collection



Kids Sleep Suit Bag 2.5 TOG

Designed in stretch jersey cotton for older kids who still prefer a sleeping bag or sleep suit.

Price

\$114.95

Sizes

6-8Y

Oatmeal Marle
Heritage Collection



Sleep Onesie

1.0 TOG

For little ones who don't like the restriction of a sleeping bag, the 1.0 TOG Sleep Onesie features long pant legs and short capped sleeves.

Price

\$54.95

Sizes

12-24M
2-3Y

Oatmeal Marle
Heritage Collection



2.5/3.5 TOG

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.

Price

2.5 TOG: \$74.95
3.5 TOG: \$79.95

Sizes

6-12M
12-24M
2-3Y
4-5Y

Oatmeal Marle
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



Party
Teddy Bear Collection



Picnic
Teddy Bear Collection



Pyjamas

0.2 TOG Long Sleeve Pyjamas

The only TOG-rated pyjamas on the market, these Long Sleeve Pyjamas are ideal for layering under Sleep Suit Bags and Sleep Onesies.

Price

\$39.95

Sizes

2Y
3Y
4Y
5Y
6Y

Dragonflies
Heritage Collection



Daisies
Heritage Collection



Willow
Heritage Collection



1.0 TOG Long Sleeve Pyjamas

Our much loved thick 1.0 TOG Pyjamas are now available even more prints with the introduction of three Basics colourways.

Price

\$44.95

Sizes

2Y
3Y
4Y
5Y
6Y

Dragonflies
Heritage Collection



Daisies
Heritage Collection



Party
Teddy Bear Collection



Picnic
Teddy Bear Collection



Rose
Basics Collection



Cocoa
Basics Collection



Moss
Basics Collection



2.0 Long Sleeve Pyjamas

NEW this season, our 2.0 TOG Long Sleeve Pyjamas are made of a luscious organic cotton and Bamboo blend and provide extra warmth to kids who have transitioned out of their Pouches.

Price

\$59.95

Sizes

2Y
3Y
4Y
5Y
6Y

Dragonflies
Heritage Collection



Daisies
Heritage Collection



NEW

Matchy Matchy Robe

For parents

This gorgeous and luxuriously soft bamboo viscose robe drapes over the body for the ultimate in stay-at-home comfort for pregnant people or parent. Match with your littlest loves in a range of Heritage Prints.

Price

\$69.95

Sizes

One Size



Toddler Sleep Tools

Doll Sleeping Bag

The Doll Sleeping Bag acts as a sleep cue, promotes positive sleep associations and routine learning, while it also aids in fine motor skill development. Your child will love matching their favourite doll or teddy!

Price

\$24.95

Sizes

Small, Large



Hello Sleep! Bedtime Affirmations Cards

Designed to help process the day's big emotions and stimulate affirmative conversation and thoughts before sleep, these cards will help ease negative or anxious feelings and carry your mini into slumber with positivity and reassurance.

Each affirmation has been written with language and concepts kids aged 2–5 years can understand and has been reviewed and approved as appropriate for 2–5 year olds by a registered paediatric psychologist.

Price

\$24.95



Pillows & Quilts

Toddler Pillow & Case

The Organic Toddler Pillow and Case features a low profile designed to support the correct alignment of the neck during sleep from 2 years of age. Made from soft, breathable, 100% GOTS certified organic cotton.

Price

Pillow & Case: \$39.95
Case only: \$19.95 — Heritage prints only

Willow
Heritage Collection



Dragonflies
Heritage Collection



Daisies
Heritage Collection



Party
Teddy Bear Collection



Demi Organic Quilt Cover

The Demi Organic Quilt Cover is compatible with our Demi Convertible Cotton Quilt. Made from certified non-toxic organic cotton, it is soft, safe and gentle on your child's sensitive skin. Pair it with a Toddler Pillow and case in Willow for the ultimate toddler set up.

Price

\$69.95

Willow
Heritage Collection



Convertible Cotton Quilt Demi

Suitable for 2 years and up, the Convertible Cotton Quilt Demi size, is ideal for toddlers learning to sleep under a blanket in a toddler bed. Both light and warm weights, and features zips down both sides, so that it can later be connected to another Demi Quilt.

Price

3.5 TOG: \$79.95
7.0 TOG: \$89.95

Ocean
Heritage Collection



Primrose
Heritage Collection



Convertible Cotton Quilt Single

The Convertible Cotton Quilt is a truly unique quilt, comprising different TOG-rated halves that zip together or apart. The Single Size quilt is designed for year-round use, with a light half and a warm half.

Price

\$149.95

Ocean
Heritage Collection



Primrose
Heritage Collection



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 minimise 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 fibres

Rest easy knowing that you are making the best choice for your child. Natural fibres 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 goal posts are constantly moving 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.



Eco-friendly fabrication

Cocoon Swaddle Bag

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
2.5& 3.5 TOG: Body & lining: 95% Organic Cotton & 5% Elastane
 Filling: 100% Organic Cotton

Sleep Suit Bag (Sheeting)

1.0 TOG, 2.5 TOG & 3.5 TOG: Body, lining & filling: 100% Organic Cotton
 Side panels & Sleeves: 95% Organic Cotton & 5% Elastane

Layers & Pyjamas

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 67% Bamboo Viscose, 28% Organic Cotton, & 5% Elastane
2.0 TOG: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane

Arm Warmers

Body: 95% Organic Cotton & 5% Elastane
 Sleeves: 100% Organic Cotton fleece

Easy Sleep Portable Bassinet

Mattress lining: 100% Cotton
 Mattress inner: 100% Polyester foam
 Net and shell outer: Polypropylene, Nylon, Polyester
 Frame: Steel
 Carry Bag: Polyester

Organic Fitted Sheets

95% Organic Cotton & 5% Elastane

Demi/Cot Organic Quilt Cover

100% organic cotton

Jersey Sleeping Bag

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
2.5 TOG: Body & lining: 95% Organic Cotton & 5% Elastane
 Filling: 100% Organic Cotton
3.5 TOG: Body, lining & sleeves: 95% Organic Cotton & 5% Elastane
 Filling: 100% Organic Cotton

Sleep Suit Bag (Jersey)

0.2 TOG: 95% Organic Cotton & 5% Elastane
1.0 TOG: Body: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
 Sleeves: 95% Organic Cotton & 5% Elastane
2.5 TOG: Body & lining: 95% Organic Cotton & 5% Elastane
 Filling: 100% Organic Cotton

Bodywear

95% Organic Cotton & 5% Elastane

Matchy Matchy Robe

95% Bamboo Viscose & 5% Elastane

Window Blockout

PVC, 0.24mm, 170GSM

Organic Toddler Pillow

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

Sheeting Sleeping Bag

0.3 TOG: Body: 100% Organic Cotton
 Side panels: 95% Organic Cotton & 5% Elastane
1.0 TOG & 2.5 TOG: Body, lining & filling: 100% Organic Cotton
 Side panels: 95% Organic Cotton & 5% Elastane
3.5 TOG: Body, Lining & Filling: 100% Organic Cotton
 Side panels & Sleeves: 95% Organic Cotton & 5% Elastane

Sleep Onesie

1.0 TOG: Body: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane
 Sleeves: 95% Organic Cotton & 5% Elastane
2.5 TOG & 3.5 TOG: Body, lining & sleeves: 95% Organic Cotton & 5% Elastane
 Filling: 100% Organic Cotton

Butterfly Cardi

95% Organic Cotton & 5% Elastane

Doll Sleeping Bag

95% Organic Cotton & 5% Elastane

Baby Tuck Sheet

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

Convertible Cotton Quilt

100% organic cotton lining and filling

Awards

Cocoon Swaddle Bag



Sleep Suit Bag



Jersey Sleeping Bag



Sheeting Sleeping Bag



Long Sleeve Layer



Long Sleeve Pyjamas



Easy Sleep Portable Bassinet



Baby Tuck Sheet



Drift Away White Noise



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: 1300 668 929
 Email us: cs@ergopouch.com.au
 Follow us: @ergopouch
 Chat online: [ergopouch.com.au](https://www.ergopouch.com.au)

What to look for when shopping for sleepwear and bedding

Use these handy checklists



NEWBORN

- TOG-rated for warmth
- Organic, breathable fibres 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
- Restrict startle reflex whilst still allowing small movements for healthy growth and self-soothing
- Two-way zippers for easy nappy changes.
- Give a feel of closeness and comfort, mimicking the womb



INFANT

- TOG-rated for warmth
- Organic, breathable fibres 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 nappy changes.
- Choose a slim-fit or wider bag depending on your child's preference



TODDLER

- TOG-rated for warmth
- Organic, breathable fibres 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 cot climbing
- Ease of removal for overnight toilet training
- Create sleep cues to develop healthy and positive sleep habits



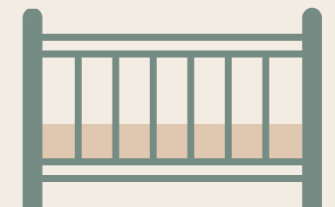
PRESCHOOLER

- TOG-rated for warmth
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Provide warmth whilst encouraging the use of a blanket and pillow while 'blanket training' in the cot (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 fibres 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 pyjamas and singlets are worn UNDER your child's pouch, while bedding such as the Baby Tuck Sheet and Convertible Cotton Quilt are used OVER your child's pouch (ensure you use the correct product for your child's age and developmental stage)
- Organic, breathable fibres help regulate your little one's temperature and won't irritate sensitive skin
- Consider nappy-changing and toilet-training needs overnight

