

Sleep, naturally

with ergoPouch



SIX FRESH NEW
SEASON PRINTS

—
NEW LOOK 1.0 TOG
JERSEY BAG

—
NEW ROBE PRINTS

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INTRODUCING THE NEW

Heritage Collection

The SS23 Heritage Collection features a refreshed line up of timeless prints, across our full range of organic, TOG-rated sleepwear.

Re-imagined for SS 2023/24, our four new prints usher in a season of subtle playfulness, and exude serenity with their nature-inspired illustrations and colours. Designed and hand drawn in our Melbourne office, the collection not only meets the sleep needs of your mini(s), but seamlessly complements your nursery decor while doing so.



Willow



Oatmeal Marle



Dragonflies



Daisies





OPPOSITE PAGE CLOCKWISE FROM TOP:
 1.0 TOG Cocoon Swaddle Bags in Daisies, Dragonflies, Oatmeal Marle and Willow
 1.0 TOG Cocoon Swaddle Bag in Willow
 1.0 TOG Hip Harness Cocoon Swaddle Bag in Oatmeal
 1.0 TOG Cocoon Swaddle Bag and 0.2 TOG Long Sleeve Layer

THIS PAGE, CLOCKWISE FROM TOP:
 0.2 TOG Long Sleeve Layer and 1.0 TOG Jersey Sleeping Bag in Daisies;
 Matchy Matchy Robes in Willow and Oatmeal Marle, and Short Sleeve Layer in Willow
 1.0 TOG Sleep Suit Bag in Daisies with Arm Warmers in Oatmeal



NEW

OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT:
 1.0 TOG Sheeting Bags in Willow, Daisies and Dragonflies;
 The new Heritage Collection for Spring Summer;
 1.0 TOG Sleep Suit Bag in Dragonflies, 1.0 TOG Jersey Bag in Oatmeal Marle, 0.2 TOG Sleep Suit Bag in Daisies, 1.0 TOG Sheeting Bag in Willow

THIS PAGE, CLOCKWISE FROM TOP:
 0.2 TOG Sleep Suit Bags in Daisies, Dragonflies, Willow;
 NEW 1.0 TOG Sleeved Jersey Sleeping Bag in Oatmeal Marle;
 1.0 TOG Sleep Suit Bag and 0.2 TOG Long Sleeve Pyjamas in Dragonflies



Sunny



Ocean



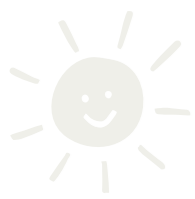
POUCH TALES SS 23/24

Holiday Collection

With a bucketful of toys and a slather of sunscreen, we journey to the beach this season with the new and exclusive Holiday Collection.

The clay-hued 'Sunny' print features a friendly sun, smiling down their rays as we bask in the warm, salty air. Cool off as we dive under the sparkling surface to explore the teal 'Ocean' print, where an underwater playground of sea creatures await. Jellyfish, manta rays, seahorses, turtles and more — the aquatic gang are all here.





THIS PAGE, CLOCKWISE FROM TOP:
 0.2 TOG Short Sleeve Layer in Sunny, 1.0 TOG Cocoon Swaddle Bags in Ocean and Sunny, 0.2 TOG Long Sleeve Layer in Ocean;
 1.0 TOG Cocoon Swaddle Bag in Ocean;
 0.2 TOG Long Sleeve Layer in Ocean and 0.2 TOG Jersey Sleeping Bag in Sunny

OPPOSITE PAGE CLOCKWISE FROM TOP:
 0.2 TOG Long Sleeve Layer in Sunny;
 1.0 TOG Cocoon Sleeping Bag in Sunny and 0.2 TOG Short Sleeve Layer in Ocean;
 0.2 TOG Short Sleeve Layer in Sunny and 1.0 TOG Jersey Bag in Ocean


THIS PAGE, CLOCKWISE FROM TOP:
 1.0 TOG Sleep Suit Bag in Sunny ;
 Doll Sleeping Bags in Daisies, Willow and Ocean;
 0.2 TOG Short and Long Sleeve Pyjamas in Ocean























































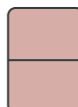



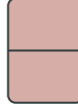


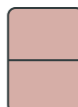
OPPOSITE PAGE CLOCKWISE FROM TOP:
 0.2 TOG Sleep Suit Bag in Sunny;
 0.2 TOG Short Sleeve Pyjamas in Sunny and Doll Sleeping Bag in Ocean;
 1.0 TOG Sheeting Bag in Ocean



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!



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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.



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Window Blockout	Pg 27		



Cocoon Swaddle Bag

0.2 TOG / 1.0 TOG

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

Price

0.2 TOG: \$39.95
1.0 TOG: \$49.95

Sizes

00000", 00000", 0-3M, 3-6M, 6-12M

* Available only in Sage
** Available only in Heritage Prints



Hip Harness 0.2 TOG / 1.0 TOG

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

Price

0.2 TOG: \$54.95
1.0 TOG: \$64.95

Sizes

3-6M, 6-12M



Layers

0.2 TOG Short Sleeve Layers

Made from deliciously soft, stretchy organic jersey cotton, our Short Sleeve Layers are perfect for warm nights and comfortable daywear.

Price

\$28.95

Sizes

00000", 0-3M, 3-6M, 6-12M, 1Y

* Available only in Heritage Prints



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", 00000", 0-3M, 3-6M, 6-12M, 1Y

* Available only in Sage
** Available only in Heritage Prints



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* 0000, 0-3M, 3-6M, 6-12M, 1Y, 2Y, 3Y, 4Y, 5Y

* Available only in Sage



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



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

\$59.95

Sizes

One Size



Jersey Sleeping Bag

0.2 TOG / 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

0.2 TOG: \$39.95
1.0 TOG: \$49.95

Sizes

3-12M, 8-24M

Willow
Heritage Collection



Dragonflies
Heritage Collection



Oatmeal Marle
Heritage Collection



Daisies
Heritage Collection



Ocean
Holiday Collection



Sunny
Holiday Collection



Sleeved 1.0 TOG

NEW in 2023, our favourite 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



NEW

Jersey Sleeping Bag

Hip Harness 0.2 TOG / 1.0 TOG

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

Price

0.2 TOG: \$54.95
1.0 TOG: \$64.95

Sizes

3-12M, 8-24M

Oatmeal Marle
Heritage Collection



Arm Warmers

1.0 TOG

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



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



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



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: \$39.95
Cot: \$59.95

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*

*Single has been discontinued and will not be replenished. Not available in Sage.



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

\$99.95



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



Free thermometer with every pouch and Baby Tuck Sheet



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



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

LEGEND 0.2 / 0.3 TOG Pouch / Layer / Bodywear 1.0 TOG Pouch / Layer 2.5 TOG Pouch 3.5 TOG Pouch

What does TOG-rated mean?

TOG stands for Thermal Overall Grade and is a unit of measurement for insulation and warmth of sleepwear and bedding. Put simply, the lower the TOG rating, the lighter the fabric; the higher the rating, the more padded and insulated it is. TOG-rated fabrics are important as your baby cannot regulate their temperature like adults can.

Check the room temperature and then choose a suitable TOG pouch and layers according to our handy charts.

Our Baby Tuck Sheet is TOG-rated, just like our pouches and layers, so it easily slots into our recommended sleepwear combinations. The dressing guide included in the Tuck Sheet pack, takes into account the additional warmth it adds, and recommends a mixture of pouch and layer TOGs for a comfortable, healthy and safe sleep.

- 0.2 TOG COOL LAYER / POUCH
24–26°C / 75–79°F
- 0.3 TOG COOL LAYER / POUCH
24–26°C / 75–79°F
- 1.0 TOG MILD LAYER / POUCH
21–24°C / 70–75°F
- 2.5 TOG WARM LAYER / POUCH
17–23°C / 61–71°F
- 3.5 TOG WARMEST LAYER / POUCH
14–21°C / 57–70°F

Autumn | Winter | Spring | Summer

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



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

LEGEND 0.2 / 0.3 TOG Tuck Sheet / Pouch / Layer / Bodywear 1.0 TOG Tuck Sheet / Pouch / Layer 2.5 TOG Pouch

*ergoPouch Arm Warmers can also be used in conjunction with our Swaddles & Sleeping Bags at these temperatures. The temperature guide is intended as a guide only. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general. Designed for use with ergoPouch products only.

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.

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Sleep Onesie	pg 37	Affirmation cards	pg 39
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Long Sleeve Layers	pg 21	Convertible Cotton Quilt	pg 40
Short Sleeve Pyjamas	pg 38	What to Wear Guide	pg 30

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.

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Affirmation cards	pg 39
Convertible Cotton Quilt	pg 40



Sheeting Sleeping Bag

0.3 TOG / 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

0.3 TOG: \$59.95
1.0 TOG: \$74.95

Sizes

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

* Available only in Heritage prints



Sleep Suit Bag

0.2 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.

NEW in 2023, the 0.2 TOG jersey fabric pouch replaces the 0.3 TOG sheeting fabric pouch.

Price

3-12M, 8-24M, 2-4Y \$59.95
4-6Y: \$69.95

Sizes

3-12M, 8-24M, 2-4Y, 4-6Y*

* Available only in Heritage prints



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

3-12M, 8-24M, 2-4Y: \$79.95
4-6Y: \$84.95

Sizes

3-12M, 8-24M, 2-4Y, 4-6Y*

* Available only in Heritage prints



Sleep Onesie

1.0 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 sleeping bag.

Price

\$54.95

Sizes

12-24M, 2-3Y



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



Pyjamas

0.2 TOG Short Sleeve Pyjamas

Perfect for toddlers and kids who are toilet training and self-dressing, our Short Sleeve Pyjamas are slim-fit to for wear underneath a pouch, or on their own.

Price

\$34.95

Sizes

2Y, 3Y, 4Y, 5Y, 6Y



0.2 TOG Long Sleeve Pyjamas

The only TOG-rated pyjamas on the market, these Long Sleeve Pyjamas are ideal for cooler spring nights.

Price

\$39.95

Sizes

2Y, 3Y, 4Y, 5Y, 6Y



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



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



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



CLOCKWISE FROM TOP:
0.2 TOG Long and Short Sleeve Pyjamas in Daisies, Willow and Dragonflies;
1.0 TOG Sleep Suit Bag, Organic Toddler Pillow and Doll Sleeping Bag in Willow;
1.0 TOG Sleep Suit Bag in Daisies

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 TOG: Body & lining: 95% Organic Cotton & 5% Elastane
 Filling: 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

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 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

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

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

Layers & Pyjamas

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

Bodywear

95% Organic Cotton & 5% Elastane

Butterfly Cardi

95% Organic Cotton & 5% Elastane

Arm Warmers

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

Matchy Matchy Robe

95% Bamboo Viscose & 5% Elastane

Doll Sleeping Bag

95% Organic Cotton & 5% Elastane

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

Window Blockout

PVC, 0.24mm, 170GSM

Baby Tuck Sheet

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

Organic Fitted Sheets

95% Organic Cotton & 5% Elastane

Organic Toddler Pillow

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

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



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



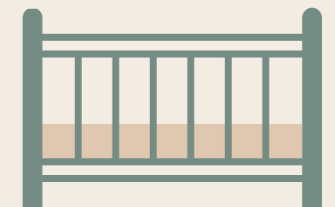
PRESCHOOLER

- 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

