

Product Use Guidelines



This DVD received 4 ½ stars, and the coveted, “Family Approved” seal from~ The Dove Foundation, whose mission it is “To encourage and promote the creation, production, distribution and consumption of wholesome family entertainment.
www.dove.org

***Puts kids to sleep
in 20 Minutes!***

Works on adults TOO!

What is SO revolutionary about this DVD?

This parental tool helps create good sleep habits from birth! There’ll be more giggles, and fewer tears from children (and their parents) when putting kids to sleep, and upon wake up!!

How does this SLEEP DVD work?

A scientific based framework: Mozart Music (Mozart Effect), special white noise, gradual slowing of action, color therapy, fading down of sound, and diming visuals.

*All of this technology is embedded into visuals that naturally **captivate children without over stimulating**; fuzzy, sparkly, shiny textures, motorized vehicles, moving props, and last but not least, fuzzy baby animals ACTING NATURAL!*

How do I use this DVD?

Use it at naptime, or evening bedtime.

STEP 1~Prepare the child; “Sleepy Time” Guidelines

STEP 2~Choose length sleep sequence; “Product Information: DVD Menu Selections”

STEP 3~Select view time according to child’s state;

“Product Use; Active or Calm Child”

How do I get the best results from this DVD?

Be consistent: Follow the same sleep schedule and “guidelines” each night.

Join our mailing list & receive the LATEST SLEEP NEWS at “The Snooze Newsletter”
snoozeletter@sleepydorm.us www.sleepydorm.us

STEP 1 - Sleepy Time preparation Guide!

Prepare your child for nap or evening bedtime

For best results follow the Do and Don't List ~

- ~Good for naps and evening bedtime
- ~Creates an effective bedtime/sleep ritual
- ~Ensure gentle separation at Sleepy Time
- ~Ensure fitful sleep at Sleepy Time

~Don't engage in highly active play immediately before bedtime

~DO create a calm, relaxed environment in the rest of the home
(Be careful not to make the home TOO quiet; just have sound at a moderate level.)

~Don't give your child high sugar drinks or snacks, or large amounts of fluids

~DO let a 'thirsty' child take tiny sips of water before bedtime, then taper off by bedtime.

~Don't have excessive discussions with child

~DO drop "loudness" level of voice, and keep conversations to a minimum.

~Don't leave music, white noise or TV play all night long (shut off of after an hour)

~DO sing a short song

~Don't excessively rock the child at bedtime

~DO place the child in bed for pre-sleep play (child chooses one book and toy only)

~DO read a bedtime book to your child before viewing video

~DO read "Fuzzy Warm" BOOK release (in near future) www.sleepydorm.com

~DO watch this *with* your child for GENTLE SEPARATION at sleepy time.

Field studies have shown that the *child* will usually fall asleep within 20 minutes without having to watch the entire 39 minute segment!

Usually, *adults* are "out", or asleep in the same 20 minutes!

~DO play DVD at naptime or evening bedtime; *day or night!*

If you have any parental tips, or sleep techniques you'd like to share,
FEEL FREE to contact us on our ~

SMARTYPANTS BLOG page @ www.sleepydorm.us

STEP 2 - Product #11: DVD Menu Selections

Sleep menu choices for short or long play time

“Sleepy Time” 39 minutes- Puts children down for sleep! (Auto “shut-off” at end)

For longest play (very active child) start with the first menu chapter; “Eggstream/Mini Coop”

For shortest play (calm child) start with the last two menu chapters; “Sleepy Dorm”

Listed are the 5 starting points in the menu:

- Eggstream/Mini Coop ~ 7 minutes
- Thunderbird Race~O~Rama ~ 10 minutes
- Train/Lake Well-U~Swem ~ 8 minutes
- Sleepy Dorm ~ 6 minutes
- Starry Night Sky ~ 9 minutes

“Wake Up” (11 minutes) Wakes child with giggles!

At the end of the 11 minute sequence make note of the special musical “cue” that lets you know the sequence is done and it’s time to get your child ready for a brand new day!

“Bonus Material” (8:30 minutes) Mini-documentary

A mini-documentary on ‘the making of “Fuzzy Warm Sleepy Dorm.

Features the cast, *those “Crazy Chicks”*

- ~36 White Silky Bantams
- ~5 White Crested Black Polish Bantams
- ~1 Rhode Island Red Bantam.

Also see interviews of the *crew* of the film shoot, and the good people of the *Escondido Humane Society* who helped us create, and maintain an animal safe shoot.

(We followed American Humane Society guidelines for animals in film)

STEP 3 - Product Use: Active, or Calm Child

Choose short/long play according to child’s activity level

ACTIVE CHILD?

Play from the beginning; play entire “Sleepy Time” sequence;

~Start at “Eggstream/Mini Coop” (longest play)

CALM CHILD?

Play last half of “Sleepy Time” sequence;

~Start in middle; “Train/Lake Well~U~Swem” (shorter play)

~Start towards end; “Starry Night Sky” (shortest play)

Parents ~ *don’t forget* to watch this DVD in case *you can’t sleep!*

Should you have any questions/comments please contact us at

info@sleepydorm.us

www.sleepydorm.us