

# The Sleep Rumbler

All parents understand the difficulties of infant restlessness. Unsettled behaviours can be an occasional, or a constant part of your baby's life. Whether for a brief or protracted period, it is distressing for parents when they are unable to sleep or settle their baby or toddler.

Babies settle well in an environment that is familiar and comforting, and respond well to rhythmic movement. For the last three months of pregnancy your baby felt the gentle, rhythmic sensation of your heart beat on its bottom or back, the rhythm of your walk and other movement. Sleep Rumbler is designed to replicate that same gentle, rhythmic, beating sensation as the pram moves gently over it. This is a motion that comforts babies from birth through to toddler years.

## Pram Safety Warnings

- Use a pram that complies with the mandatory standard AS/NZS 2088:2000
- Never leave your baby unattended in a pram or stroller.
- A pram may not be a suitable place for baby to sleep if unobserved.
- Use a bassinet attachment for the first 6 months of life.
- Don't enclose a bassinet or pram with a cover while your baby is sleeping
- Once your baby is asleep they should be transferred to the safest place we know which is into a safe cot and laid flat on a firm flat mattress. **Transfer your baby to a safe sleep place once asleep. A pram is not a suitable place for baby to sleep unobserved.**
- Always fit the restraints properly when your baby is in a pram. There have been a number of serious accidents with babies getting tangled or slipping from the pram.
- Do not have weighted bags hanging from the pram handles (e.g. shopping bags), as they may cause the pram to tip backwards.

**Please note:** The Sleep Rumbler is best suited to prams with larger wheels, as the ridge height has been designed for these prams. If using strollers or prams with a high centre of gravity, it is best to roll the front wheels over the mat, and lift the front of the pram a little as the pram wheels approach the ridges.

For more information visit [www.sidsandkids.org](http://www.sidsandkids.org). For a guide to cot and nursery furniture safety, visit the Australian Competition and Consumer Commission (ACCC) Product Safety website at <http://goo.gl/NXQ1j> for the publication 'Keeping Baby Safe'.

## How Sleep Rumbler Works

Sleep Rumbler is a mat, which has a soothing effect for settling babies as a pram moves over it. As the pram rolls across the ridges of the mat, it replicates the familiar, bumping sensations your baby came to know and love in the womb. Instead of pacing the floors all night, a mum can sit down, cuppa in hand, whilst still soothing her baby with the rumble of a pram.

When the pram is slowly rolled over the bumps, the rhythmic bumping motion seems to settle most babies into a restful state, if not a sleepy one.

Fully extended, the Sleep Rumbler accommodates the majority of broad-based prams, but in its folded size, it is compact and easily transportable. You can take it with you to a restaurant, to a meeting, on holidays, or just to a friend's house.

When using the Sleep Rumbler, the temptation can be to push the pram quickly while your baby is upset. However, a slower, controlled motion is most effective. You may need to allow a short while for baby to settle, or even longer if you are trying to change baby's sleep dependency behaviours or settle an unwell infant.

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## Instructions

1. Unfold the Sleep Rumbler and lay it out on the floor.
2. Lock the front wheels of the pram if you can.
3. With your baby in a well-ventilated pram attachment, bassinette or seat, roll the pram slowly, gently and rhythmically across the ridges of the mat.

### Note:

- The pram can run along the mat or across it. Find the direction across/along the mat that best suits your pram and your natural pushing action.
- You can use the front wheels, the back wheels or even just one wheel. Any of these options will have the desired effect.



## What can I use the Sleep Rumbler for?

The Sleep Rumbler has a number of applications for infant and toddler care. The comforting and relaxing sensation can help with;

- Settling the agitated or crying baby
- Teaching self-settling or settling to sleep
- Settling or comforting your baby after a caesarian section (minimising lifting)
- Making settling twins easier
- Helping resettle snacky sleepers. If your baby only sleeps for short periods settle him/her in a pram beside you. When he/she shows signs of waking roll him/her over the Sleep Rumbler back into the sleep cycle. Over a few sleeps babies should no longer need the rumble to return to sleep.
- Changing sleep or feeding patterns in a gentle way. Babies wanting to feed will be agitated if carried beside your breast near your milk supply. They are more likely to remain settled for an extra 15 minutes using a Sleep Rumbler where they cannot smell their next meal!
- Helping older babies (over 12 months) and toddlers sleep through the night.
- Soothing your baby when ill or teething
- Buying Mum a moment to have a break.

## How do I use the Sleep Rumbler to change behavioural patterns?

You will find that you work out your own personal style for the many uses for the Sleep Rumbler. Below we have included a few examples to demonstrate its versatility of use.

### Helping mums to teach infants self-settling skills

When we refer to self-settling, we are talking about following your routine for putting your baby to sleep, but ceasing assistance in the final stage, and allowing your baby to learn the skill of going off to sleep unaided. Current research shows, that infants who can learn to self-settle when going off to sleep, have a better chance of resettling on their own, after waking during night time sleeps. Hence they are more likely to have better night-time sleeping patterns at an earlier age.

For daytime sleeps, the Sleep Rumbler offers a gentle process to teach infants self-settling, for infants of all ages. First you must ensure that all of baby's basic needs are met: feeds, nappy, temperature, wrapping etc.

1. Place your baby in a safe pram bassinette attachment  
(no pram accessory covers as they restrict airflow and we do not consider them safe. Restricted airflow has been attributed to cases of Sudden Infant Death Syndrome (SIDS))
2. Gently and rhythmically push the pram across the mat until baby is relaxed and looks as if he/she is going to go off to sleep.  
Before baby goes to sleep, stop the pram movement.
3. If baby becomes unsettled, gently start the pram movement across the Sleep Rumbler again.

4. Stop before baby is asleep and let him/her self-settle.
5. Continue with this pattern until baby self-settles to sleep.
6. Once baby adjusts to self-settling, shorten the time you rumble the pram, and let baby settle from a more wakeful state.
7. Continue to shorten the rhythmic rumble time.
8. When baby is settling well with minimal rumble, transition from the pram movement to a patting motion on the bottom or gentle patting of the mattress/surface beside your baby. Once again stopping well-before baby is asleep.

We have found that overall the process takes a few days to a week, occasionally even longer, but it is fairly peaceful and not as emotionally taxing as other methods. As it is a gentle process it can be used for infants from a young age.

### Settling snacky sleepers (those who sleep for short durations only!)

1. When your baby is ready for a sleep, follow your routine for settling: wrapping, feeding, cuddles, dummy etc. Many baby sleep issues can be a result of lack of routine and sleep cues.
2. Place baby into a well-ventilated bassinet pram attachment.
3. If your baby self-settles, let him/her do this. If not you can use a slow, rhythmic rumble across the Sleep Rumbler to relax baby into a settled deep sleep, or teach self-settling as above.
4. Keep your baby in close proximity so that you can hear when he/she stirs and is about to wake.
5. On point of stirring, restart the pram rolling across the Sleep Rumbler so that your baby resettles back into a deep sleep.
6. If your baby wakes fully, persist with rumbling the pram until he/she stops resisting and returns to sleep, or a state of relaxation from which he/she can self-settle.
7. Repeat the process each time baby stirs until your baby has had adequate sleep.

If you implement this process for each sleep time, your baby can learn a new sleep pattern and in his or her own time, this is the sleep her/his little body will demand. Once your baby is sleeping for a health period of time without assistance, you can start settling them in their own sleep space.

### Sleep Rumbler Weaning

Many babies enjoy, but do not form a sleep association with the Sleep Rumbler. However there certainly will be some that do. Some parents don't mind this and even find it easier when out and about, to have the settling aid with them. But if an unwanted sleep association forms then we follow a process to change this.

All we do is follow your sleep routine, then rumble until your baby is relaxed and nearly asleep, then gently bring the pram to a halt. If your baby becomes upset, gently rumble again, but stop as your baby is about to drift off. We keep this cycle going, until your baby goes to sleep without the motion. The first time this may require you to put aside some time with a movie and a cuppa. It may take some time, but each sleep time your baby will respond a little faster.

The idea is that the rumbling becomes a part of the pre sleep routine. As your baby adjusts, you stop rumbling the pram earlier. Your goal is to rumble as a sleep cue, for a minute or two, then off to the cot for a good sleep.

## Calming your upset baby

Our babies never fit one mould, and when it comes to being unsettled the spectrum ranges from those who rarely cry, to those that rarely stop! No matter how much your baby cries, a little or a lot, it can be distressing for carers if they are not able to comfort their infant.

In the earlier months of life, between six weeks and four months of age, babies progress through what is termed, the Crying Curve. Typically, crying and agitation increase through this stage, and babies can cry for up to three hours per day, or in some cases even longer. It is not uncommon for this to be a restless and agitated cry that is often reported to come on in the late afternoon/early evening. It is not a time that baby needs to sleep, but does demand a lot of parental assistance for comforting and can be taxing on the whole family.

The purpose of using the Sleep Rumbler at this time, is not to lull your baby to sleep, but to induce a relaxed and more content state, for baby and the household. Keeping peace and harmony through these periods can do a lot to reduce the stress load that ongoing crying can generate.

So, if your baby is upset, and all of his/her other comfort needs have been met, but he/she is still not ready for a sleep, put him/her in the pram and slowly but rhythmically roll the pram across the Sleep Rumbler...or better still give that job to someone else!

## Getting things done or finding a little 'Mum' time

You will often hear mums or primary carers, talking about their desire to reclaim a bit of themselves, have a moment to get something done, or even time for a cup of tea or coffee. This can be challenging, especially if you have a little one who is going through a clingy, 'only you will do' phase.

Most babies enjoy the relaxing sensation of a pram rolling slowly and rhythmically across the Sleep Rumbler, and it doesn't have to be Mum who is doing the pushing! If you can have someone else give you a break, a partner, friend, your parent or even your baby's older sibling, this can offer a moment for you. This said, even if it is you pushing the pram, you can still, sit, read a book or flip through a magazine, and have that hot cup of tea or coffee, without your little friend attached!

More information on the Sleep Rumbler can be found at [www.sleeprumbler.com](http://www.sleeprumbler.com).